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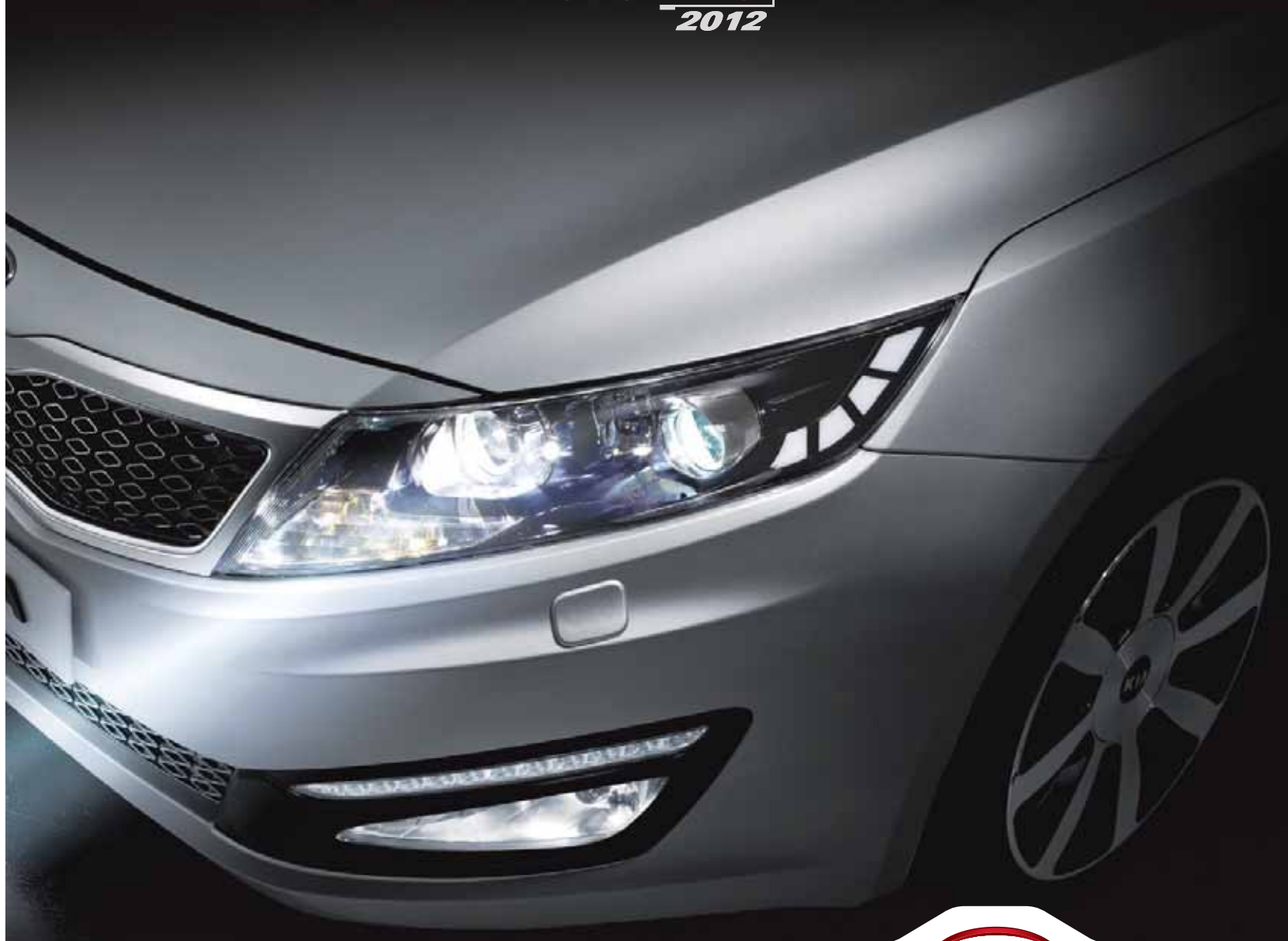


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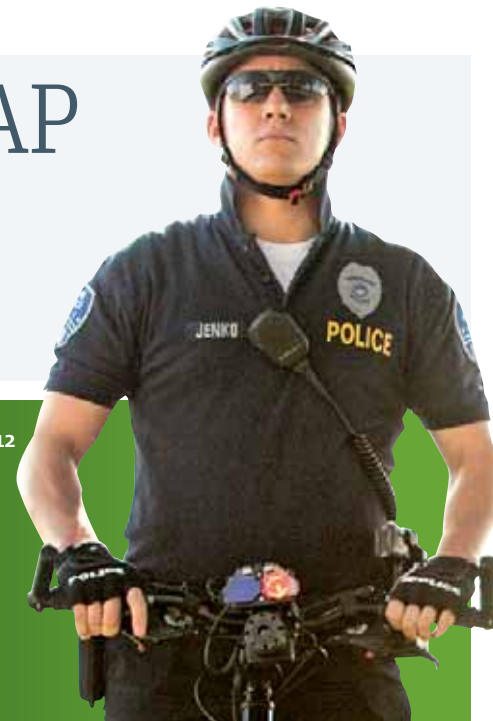
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# TATUM MAKES LEAP INTO RETRO ROLE

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GIVES ACTOR A CHANCE TO BRANCH OUT

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# Avalanche victim remembered

**Warning.** Two deaths in three days in B.C. backcountry triggers warnings from national avalanche monitor



**JEREMY NOLAÏS**  
[jeremy.nolais@metronews.ca](mailto:jeremy.nolais@metronews.ca)

Remembered as an avid outdoorsman until his final breath, Steven Hall always put family and fun first.

Somehow, amid looking after four children under the age of eight with his wife Lara and running a home-building company in Sylvan Lake, the 33-year-old Cardston native still found time to give back to the community, sponsoring a youth basketball program and assisting with scouts.

"He was truly one of the nicest guys you would ever meet," brother-in-law Blaine Hyggen said.

On Friday, Hall took advantage of nice weather, venturing out into the B.C. backcountry near Sparwood for some snowmobiling with friends as he'd done countless times before.

Regional coroner Mark Coleman said it is believed Hall was headed uphill when

## Dangerous situation

- The Canadian Avalanche Centre had issued a special warning over the weekend citing high potential for avalanches across much of the B.C. backcountry.

- A trust has been set up in honour of avalanche victim Steven Hall at the Royal Bank of Canada under the title "In trust for Lara Hall" and account number 08259-003-515-667-4.

an avalanche was triggered. The force of either the wall of snow or contact with one of the trees in the area likely killed him before he was buried.

"One way or another there was some significant trauma," Coleman said.

Family members continued to struggle with the news Monday.

"It's extremely rough right now," Hyggen said. "It still hasn't really hit home."

A backcountry skier was also killed by an avalanche in the Ghost Peak area near Revelstoke Sunday, officials revealed Monday. Attempts were still being made to recover the body of the victim, who has yet to be identified.



Avalanche victim Steven Hall is seen here with his four kids and wife Lara. BLAINE HYGGEN/CONTRIBUTED

## Tories plan to take it slow

The government says it will take its time making the crime-bill measures a reality

PAGE 6

## 17th Avenue: Dying or evolving?

Part 2 of a four-part series

PAGE 4

## Eyewitness to a massacre

Afghan man describes U.S. soldier's alleged rampage that left 16 civilians dead

PAGE 8

## Cures for the heartbroken

Stop creeping on your ex on Facebook and other ways to get over a breakup.

PAGE 20

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Education

## Appeal imminent in Arabic school program debate

Supporters of an Arabic elementary-school program in Calgary plan to file an appeal after the public board ruled out such a program last month.

Fouad Jomaa, who had hoped to enrol his four-year-old daughter in the proposed program he believed was a sure bet to open this fall, said a number of parents are unwilling to give up their fight.

"The reasons they gave were all over the map," he said. "We can't make sense of why this is not going ahead."

But Calgary Board of Education spokesperson Richard Peter said administration followed the same procedures for evaluating the alternative program as they would with any other.

Last month, Chief Superintendent Naomi Johnson cited a lack of qualified staff and difficulties associated with establishing a new curriculum as primary concerns that ultimately led to the rejection of the proposed program.

"We wanted to be thoughtful and respectful — and I think we were," Peter added Monday. "It was really tough. We did consult with other organizations to see what was possible."

Jomaa said the group has filed a freedom-of-information request with the CBE regarding its decision and will await any resulting documents before formally proceeding with an appeal.

Peter, meanwhile, said the board is still considering offering high school Arabic courses and has received 10 expressions of interest from prospective teachers. It has not been determined if any of those individuals are qualified.

JEREMY NOLAIS/METRO

## LRT shooting. Victim not out of the woods; second surgery performed

Surgeons performed a second operation Monday on the victim of brazen Calgary LRT shooting, as police continued to search for the weapon used.

The incident took place in the 600 block of 7th Avenue Southwest Friday.

Witnesses report a verbal argument escalated and a suspect revealed a firearm and fired at point blank range.

Reports have identified the



Police released this photo of the shooting suspect Saturday.  
COURTESY CALGARY POLICE

victim as Pat Flintoff of Fort St. John, B.C. **METRO**

## Sterilization program. Bunny support threatened by money shortfall

An animal-rescue group says a lack of cash and public support could lead to deaths of feral rabbits being trapped in Canmore.

The community began trapping bunnies in January and had been turning the rabbits over to the Earth Animal Rescue Society (EARS), which has sterilized and found sanctuaries for them.

Vickery said it costs \$130 for each rabbit that her group receives.

Cash shortage

"If I receive 40 more this week, that's it. There's no more money coming in."

Susan Vickery, Earth Animal Rescue Society  
On the lack of cash to sterilize bunnies

"The only obstacle is the cash," she said.

THE CANADIAN PRESS

# Cash for nothing: Premier halts Tory committee pay

**Politics.** Alison Redford takes action after revelation of MLAs getting paid for committee that doesn't meet

Alberta Premier Alison Redford has cut the pay of her Progressive Conservative colleagues following a revelation last week that hundreds of thousands of dollars are being paid to politicians on a committee that doesn't meet.

Redford announced Monday that committee pay for all Tory members would be suspended pending a review of the pay structure.

"For the last several days, Albertans have expressed their concerns about MLAs receiving pay for sitting on a committee that did not hold meetings," said Redford in a news release.

"Albertans are right on this issue."

The committee pay review,

Pay review

- Liberal David Swann has said he donates the money from that committee to charity or to his party.
- Liberal Leader Raj Sherman said he will repay the money he made while sitting on the committee, as will Wildrose members Guy Boutilier and Heather Forsyth.

to be carried out by Speaker Ken Kowalski, is on top of another investigation by former Supreme Court justice John Major looking at the overall pay package for Alberta politicians, which is among the most lucrative in Canada.

The Wildrose Party accused Redford of hypocrisy for cutting pay for her colleagues while keeping the 30 to 34 per cent increase she and the rest of former Ed Stelmach's cabinet voted themselves after their 2008 election win.

THE CANADIAN PRESS

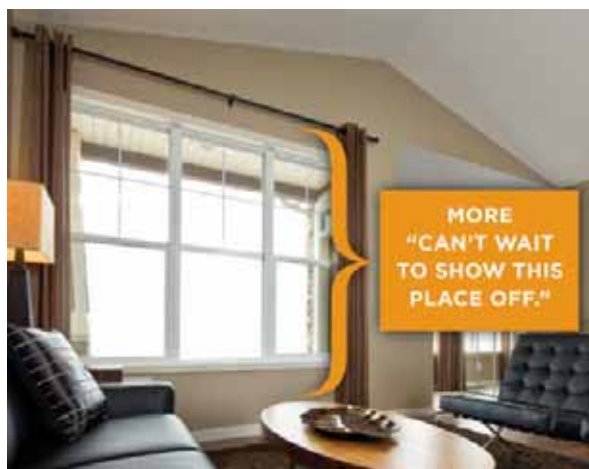


Premier Alison Redford THE CANADIAN PRESS

On the web

## Wi-Fi art thou

Homeless people as Wi-Fi hotspots? While some call the idea tested at SXSW on Monday empowering, others say it's plain old degrading. Get the full story at [metronews.ca/video](http://metronews.ca/video).



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**Brookfield**  
Homes



Richard Pearlman, founder of Unlimited Blue, boxes up a few remaining pairs of jeans. His longtime business is among the latest 17th Avenue locations to shut down. JEREMY NOLAIS/METRO

Part 2 of a four-part series

## 17th Avenue: Dying or evolving?

Wednesday: Area residents take the good with the bad

Thursday: Where will all the good shoppers go?

# Small-time owners paint ugly picture

**Forward thinking.** Owners of remaining outlets aim to turn their businesses into destinations



JEREMY NOLAÏS

jeremy.nolais@metronews.ca

Richard Pearlman always figured he would host a going-out-of-business sale on his own terms.

For nearly 15 years, the independent businessman offered up designer jeans to walk-in customers at two different locations along 17th Avenue. But, recently, he began noticing a dramatic shift in nearby business types and, as a result, clientele.

"It's mostly food-and-drink use now," he said. "The people come, but they come at a different time. It's definitely an unfortunate thing."

A "significant drop" in revenue, combined with an ever-increasing rent, led Pearlman to finally throw in the towel,

closing up shop for good Saturday.

"Nobody's more disappointed than me," he said.

Unlimited Blue's fate has become an all-too common occurrence along the busy stretch between 14th and 2nd Street Southwest, according to area business-revitalization-zone representatives.

Elsewhere, fellow independent shops fear they could suffer a similar fate.

"It's not like it used to be," said Emerencz Merkle, manager at vintage-clothing provider Divine. "It's more commercialized now as people just window-shop because they're going to go grab a beer in a bit. It's sad."

Other businesses see the avenue's evolution as a challenge to create a destination spot, of sorts, that sees customers travel from afar just to peruse.

"We do get a lot of foot traffic in, but we do rely on the regulars — people that have been coming here for years," said Evan Van Reekum, an employee at Sloth Records. "I think we survive because

### The bad news

- **Rents.** The business-revitalization zone says some landlords have boosted rents by 400 per cent along 17th Avenue Southwest over the last decade — a claim reaffirmed by Richard Pearlman, owner of the now-closed Unlimited Blue.

- **Going.** Besides Unlimited Blue, Indigo in the Mount Royal Village area of 17th Avenue will also close this month. Emerencz Merkle, from Divine, listed off three other vintage-clothing stores in the area that have closed since she began working at the store a year ago.

we are the only record store around — people come to us knowing what they will get."

Pearlman, meanwhile, says he's left with many questions.

"It's tough, but I understand also that things change," he said. "I will have to look around for something else to do."

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## Montreal

## Tories recruit councillors

The Conservative organization in the riding of Lac-Saint-Louis recently elected six municipal councillors to its executive committee. City politicians now occupy all but one of the association's executive seats. **THE CANADIAN PRESS**

## Race for Space

## Canadians ready for liftoff

Canadians really want to be launched into space.

Metro is sending a lucky reader from one of 16 countries where the newspaper is published to space, and according to recent numbers, 40 per cent of traffic to the contest website has



been from Canada.

To apply for Metro's Race for Space, visit [metroinspace.com](http://metroinspace.com). Entries must be submitted online by March 26. **METRO**

## Tori Stafford case

## Trial will hear from girlfriend

Testimony resumes Tuesday in a London murder trial for Michael Rafferty, charged with killing eight-year-old Tori Stafford. Terri-Lynne McClintic, who has pleaded guilty to first-degree murder, is expected to be the first witness. **THE CANADIAN PRESS**

## Meritt, B.C.

## Murderer wins delay in hearing

The family of three children murdered by their father in 2008 is angry the father has won a delay in his latest psychiatric review. Allan Schoenborn asked the B.C. Review Board for an eight-month delay. **THE CANADIAN PRESS**

## Motion

## New powers for Elections Canada?

The Tory majority joined to help unanimously pass a non-binding NDP motion Monday that would give the chief electoral officer new investigative powers. However the motion is not binding on the government. **THE CANADIAN PRESS**

# Tories to 'space out' crime bill measures

## Justice system.

Tories pass omnibus bill, which falls in line with their crime agenda

The Conservative government that rushed to pass a massive crime bill by curtailing debate in the House of Commons and Senate now says it will take its time making the new measures a reality on the street.

Prime Minister Stephen Harper's majority easily passed Bill C-10 on Monday evening by a vote of 154-129, sweeping

aside a procedural delay by the NDP that stalled the bill's curtain call for five days.

The legislation, which includes nine separate bills, goes briefly back to the Senate and could get royal assent as early as Tuesday — meeting Harper's campaign promise last spring to pass the bill within 100 sitting days of a new parliament.

Working the changes through the justice system will take considerably longer.

"We're going to space out a number of them out," Justice Minister Rob Nicholson said outside the Commons before the final vote Monday.

"I indicated to my provincial colleagues when I met with them about a month ago now that, you know, we'll proclaim them into effect in consultation with them."

Nicholson didn't provide an order of precedence.

The bill increases sentences for drug and sex offences, reduces the use of conditional sentences such as house arrest, provides harsher penalties on young offenders, makes it more difficult to get a pardon, gives crime victims more say in parole hearings and allows victims of terrorism to sue.

**THE CANADIAN PRESS**



Prime Minister Stephen Harper's majority government easily passed an omnibus crime bill Monday, which will increase sentences for drug and sex offences, and provide harsher penalties on young offenders. PAWEŁ DWULITZ/THE CANADIAN PRESS FILE

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## CALGARY SPONSOR HAS 'SOFT SPOT FOR KIDS'



It was a vacation to Cancun seven years ago that, quite unexpectedly, opened Judi Olson's eyes.

Judi, a customer service representative for a grocery chain in Calgary, and her partner decided to take an afternoon away from their resort and visit the Mexican countryside, which included an "authentic Mayan village."

There, they met children and adults living in authentic, dire poverty. "Entire families lived in one-room huts. They slept in hammocks, had no bathrooms. Needless to say, everyone on our air-conditioned bus back to our five-star hotel was pretty quiet," Judi says.

She, for one, had to do something. When she returned to Calgary, she immediately went online to World Vision Canada's website and sponsored a child — Joselin, an eight-year-old in Bolivia. She'd heard celebrities she respected, including Paul Brandt, Rod Black and Jann Arden, championing the organization, and chose it because of its focus on children. "Kids don't have a lot of choices in this world," explains the grandmother of three. "I have a soft spot for kids."

Judi's World Vision family has since expanded to include two additional children, Tomasa, 13, and William, 10, both in El Salvador. She writes to them — and receives

letters in return — frequently. "It's one of the best things about sponsorship — to open the mailbox and find a letter from one of my kids. I'm so excited to hear what they're doing — baseball games, how they're doing in school, how their families are."

Last year, Judi met Tomasa and William in person when she travelled to El Salvador with a World Vision program called Destination Life Change. "Driving to where she lived, I was so nervous I thought I was going to throw up," she recalls. "Everyone in our group kept saying, 'calm down, calm down!'" But when their vehicle pulled up to a tiny cinder-block hut after navigating a narrow, rocky track and

Tomasa came running out to meet her, "we bonded instantly."

Many World Vision sponsors will tell you that making a change in someone's life — even a pinprick of change, in just one life — is one of the great rewards of sponsorship. But just as significant, Judi says, is the change in the life of the sponsor. "It opens your eyes up. It makes you able to see things from a different perspective. To see how much we have." Even her grandchildren, she says, see the world differently because of the stories she tells them. And when it comes to sharing her experience with friends and co-workers, "I don't think there's a soapbox big enough for me."

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Aftermath



German Chancellor Angela Merkel, left, at a military camp.  
THE ASSOCIATED PRESS

## Germany offers condolences to Afghan people

Chancellor Angela Merkel made a one-day trip Monday to visit German troops in northern Afghanistan and offered President Hamid Karzai her condolences over the killing of 16 civilians by a U.S. soldier, the government said.

Merkel arrived in Mazar-e-Sharif early in the morning. She originally planned also to visit Kunduz, another northern area where German troops are based, but bad weather meant it wasn't possible to fly there.

The chancellor's previously planned visit came a day after an American soldier allegedly killed 16 civilians.

THE ASSOCIATED PRESS

# Afghan man recounts what he witnessed on night when 16 were massacred

**A survivor's tale.** Twenty-six-year-old describes experience of watching his father get shot by gunman

An Afghan man recounted on Monday the harrowing scene in his home as a lone U.S. soldier moved stealthily through it during a killing spree, then crouched down and shot his father in the thigh as he emerged from the bedroom in the deep of night.

The soldier, now in U.S. custody, is accused of killing 16 Afghan civilians in their homes overnight between Saturday and Sunday and then burning some of their corpses. Afghan President Hamid Karzai said nine of those killed were children and three were women.

"He was walking around, taking up positions in the house — in two or three places like he was searching," said

26-year-old witness Mohamad Zahir, who watched the gunman while hiding in another room. "He was on his knees when he shot my father" in the thigh, he told The Associated Press. His father was wounded but survived.

Even before the shootings, anti-Americanism was already boiling in Afghanistan over U.S. troops burning Muslim holy books, including Qur'ans, last month on an American base. The burnings came to light soon after a video purporting to show four Marines urinating on Taliban corpses was posted on the Internet in January.

Now, another wave of anti-foreigner hatred could threaten the entire future of the U.S.-led coalition's mission in Afghanistan. The recent events have not only infuriated the Afghan people and leaders, but have also raised doubts among U.S. political figures that the long and costly war is worth the sacrifice in lives and money.

THE ASSOCIATED PRESS



Men stand next to blood stains and charred remains inside a home where witnesses say Afghans were killed by a U.S. soldier in Kandahar province.  
ALLAUDDIN KHAN/THE ASSOCIATED PRESS

Analysis

## Killings won't stop handover plans: NATO

The alleged slaying of 16 civilians by a U.S. soldier in southern Afghanistan will not affect plans to turn over security operations to local troops, NATO and member countries said Monday, calling for a quick investigation into the deaths.

NATO spokeswoman Oana Lungescu called for a swift and thorough investigation, but said it was an "isolated incident" and as such would not affect the alliance's overall plans to turn over security operations to Afghan troops by the end of 2014. "This is clearly a tragedy, but it should not be allowed in any way to change the mission, and it doesn't change our commitment to the mission and to the timetable," she told The Associated Press in a telephone interview.

U.S. officials said the shooter, identified as an army staff sergeant, acted alone after leaving his base in southern Afghanistan.

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# Hundreds Expected to Cash In Today by Selling Silver & Gold Coins During Record High Market!

By **DAVID MORGAN**  
STAFF WRITER

ICC will be placing ads in newspapers, radio and running television spots this week asking people to bring in any old silver and gold coins made before 1968 and U.S. coins made before 1970. Those that bring in their coins will be able to speak with collectors one on one and have their coins looked at by a specialist. With the help of these ICC members, offers will be made to those that have coins made before 1968. Offers will be made based on silver or gold content and the rarity of the coins. All coins made before 1968 will be examined and purchased including gold coins, silver coins, silver dollars, all types of nickels and pennies. Those that decide to sell their coins will be paid on the spot.

If you are like a lot of people you might have a few old coins or even a coffee can full lying around. If you have ever wondered what they are worth now might be your chance to find out and even sell them if you choose. They could be worth a lot according to the International Coin Collectors also known as ICC. Collectors will pay a fortune for some coins and currency for their collections. If it is rare enough, one coin could be worth over \$100,000 according to Eric Helms, coin collector and ICC member. One ultra rare dime, an 1894S Barber, sold for a record \$1.9 million to a collector in July of 2007. While that is an extreme example, many rare and valuable coins are stashed away in dresser drawers or lock boxes around the country. The ICC and its collector members have organized a traveling event in search of all types of coins and currency. Even common coins can be worth a significant amount due to the high price of silver and gold, says Helms. Washington quarters and Roosevelt dimes can be worth many times their face value. Recent silver markets have driven the price up on common coins made of silver. Helms explains that all U.S. half dollars, quarters and dimes made before 1970 contain 90% silver and are sought after any time silver prices rise. Right now it's a seller's market he said.

The rarest coins these collectors are looking for include \$20, \$10, \$5 and \$2 1/2 gold coins and any coin made before 1850. These coins always bring big premiums according to the ICC. Silver dollars are also very sought after nowadays.

Other types of items the ICC will be purchasing during this event include U.S. currency, gold bullion, investment gold, silver bars, silver rounds, proof sets, etc. Even foreign coins are sought after and will be purchased.

Also at this event anyone can sell their gold jewellery, dental gold or anything made of gold on the spot. Gold is currently trading at record high prices. Bring anything you think might be gold and the collectors will examine, test and price it for free. If you decide to sell, you will be paid on the spot - it has been an unknown fact that coin dealers have always paid more for jewellery and scrap gold than

other jewelers and pawn brokers.

So whether you have one coin you think might be valuable or a large collection you recently inherited, you can talk to these collectors for free. If you're lucky you may have a rarity worth thousands. Either way there is nothing to lose and it sounds like fun!

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# Russia, U.S. clash over plans for Syria

**United Nations.** Countries debate different proposals to end bloody conflict and restore order in Syria

The United States and Russia clashed over Syria at the United Nations on Monday after the UN's chief urged the divided Security Council to speak with one voice and help the Mideast nation "pull back from the brink of a deeper catastrophe."

Washington and Moscow both called for an end to the bloody year-long conflict — but on different terms, leaving in doubt prospects of breaking a deadlock in the

council over a resolution.

U.S. Secretary of State Hillary Rodham Clinton rejected any equivalence between the "premeditated murders" carried out by President Bashar Assad's "military machine" and the civilians under siege driven to self-defence.

Russia's Foreign Minister Sergey Lavrov said Syrian authorities "bear a huge share of responsibility" but also insisted at the meeting that opposition fighters and extremists including al-Qaida are also committing violent and terrorist acts.

Lavrov said if the priority is to immediately end any violence and provide humanitarian aid to the Syrian people "then at this stage we should not talk about who was the

first to start, but rather discuss realistic and feasible approaches which would allow (us) to achieve the ceasefire as a priority."

Clinton declared that the Security Council cannot "stand silent when governments massacre their own people, threatening regional peace and security in the process."

The ministerial debate in the council on challenges from last year's Arab Spring was dominated by the year-long conflict in Syria, which has killed over 7,500 people, according to the United Nations.

UN Secretary-General Ban Ki-moon, who led off the debate, said the conflict has led the entire region into uncer-

tainty and subjected citizens in several cities to disproportionate violence.

Russia, which is Syria's most powerful ally, and China have vetoed two U.S. and European-backed Security Council resolutions which would have condemned Assad's bloody crackdown, saying they were unbalanced and demanded that only the government stop attacks, not the opposition. Moscow accused Western powers of fueling the conflict by backing the rebels.

Earlier this month, the United States proposed a new draft that tried to take a more balanced approach, but diplomats said Russia and China rejected it.

THE ASSOCIATED PRESS



In this photo from Saturday, Aida, 32, reacts as she recovers after the Syrian army shelled her house in Idlib. RODRIGO ABD/ THE ASSOCIATED PRESS FILE

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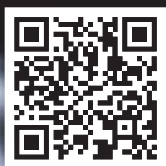
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Dozens of Air Canada workers stage a noisy rally at Montreal's Trudeau airport Monday to denounce the federal government for eroding workers' rights. PETER RAY/THE CANADIAN PRESS

## Air Canada workers protest intervention

### Contract conflict.

Labour minister to introduce stay-at-work legislation in Air Canada dispute

Air Canada employees staged a noisy but orderly protest against the federal government, accusing it of eroding workers' rights.

Outside Montreal's Trudeau airport, dozens of members of the International Association of Machinists and Aerospace Workers blew whistles and plastic horns Monday to protest the government's decision to prevent them from going on strike.

"We want to tell this government that it is anti-democratic," said Marcel St-Jean, president of the IAMAW Montreal local.

"They were elected democratically and all we want is that same democracy applied to us (and) that we have the right to negotiate a fair collective agreement for the membership."

The workers are upset that the Harper Tories have intervened several times in labour disputes, therefore weakening the position of employees as they negotiate new contracts.

Several carried placards marked, "Lisa Raitt, you're not right," in reference to the federal labour minister.

There was increased security at the Montreal airport; the employees were confined to a small area just outside the departures area and were

surrounded by orange traffic cones.

St-Jean says that while workers are frustrated, they have no plans to disrupt operations and upset air travellers.

"We're not after the people, we're after the government and Air Canada," he said. "We just want a fair collective agreement."

Martin Noel brought his two-year-old son to the Montreal rally.

"We're not just fighting for our rights, we're fighting for our families," the 42-year-old baggage handler said. "I brought my son because I want to show that I'm a father and I have to take care of this little boy of mine and I really want him to have a nice future."

A union official said about 100 workers held a similar demonstration Monday afternoon at Pearson International Airport in Toronto.

THE CANADIAN PRESS

### Union dues

Flight attendants at Sunwing Airlines have voted to join the Canadian Union of Public Employees, the union said Monday.

- CUPE said the 700 flight attendants voted to join the union in a vote conducted by the Canada Industrial Relations Board.

- The union already represents flight attendants at several airlines including Air Canada, Air Transat, Canjet, First Air and Cathay Pacific, as well as ground agents at Porter Airlines in Ottawa.

- In January, the union representing 150 pilots at Sunwing Airlines merged with the Canadian Auto Workers union, which represents about 12,000 airline workers.

### Market Moment



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**Natural gas:** \$2.27 US (-5.5¢)  
**Dow Jones:** 12,959.71 (+37.69)



# Greece finalizes bond-swap deal



An 83-year-old Greek man carries a mirror salvaged from the rubble through the Plaka district of Athens on Monday.  
PETROS GIANNAKOURIS/THE ASSOCIATED PRESS

## Historic writedown.

Investors believe Greece needs to cut debt further before it can return to markets for funding

Greece implemented the biggest debt writedown in history on Monday, swapping the bulk of its privately held bonds with new ones worth less than half their original value.

Although the exchange will keep Greece solvent and at the receiving end of billions in international rescue loans, markets were underwhelmed amid fears that the country's debt load remains too heavy.

A statement from the fi-

## Eye on recovery

**"From our side, the target is ... the return of Greece to growth."**

Greek Finance Minister Evangelos Venizelos

nance ministry said bonds issued under Greek law with a total face value of \$232.5 billion US were exchanged. A smaller batch, will be swapped in coming weeks.

The debt exchange opens the way for Greece's second international bailout, expected to be finalized this week by finance ministers from eurozone nations. It will also transfer the majority of the country's debt from private into public ownership — its eurozone partners and the International Monetary Fund.

Jean-Claude Juncker, the prime minister of Luxembourg who is also the main spokesman for the 17 countries that use the euro, said he expects the final approval for the bailout on Wednesday, but indicated that was mainly a matter of procedure.

Though the bond swap will wipe \$138 billion off Greece's \$485-billion debt mountain, giving Athens breathing space to enact more austerity, many analysts think the country's debt remains unsustainable.

The yields on the new bonds, with maturities of between 11 and 30 years, are trading at rates between 13 and 19 per cent. That indicates that investors think Greece needs to cut its debt a lot more before it can return to markets for funding.

THE ASSOCIATED PRESS

## Car trouble. Regulators probe Ford vehicles for accelerator safety

Safety regulators in Canada and the United States are investigating sticky accelerators in Ford Taurus as well as in Mercury Sable sedans in the U.S. that could affect more than 1.9 million vehicles in the 2001 through 2006 model years.

The U.S. National Highway Traffic Safety Administration has received 14 complaints of Taurus sedans accelerating on their own.

So far it has no reports of crashes or injuries because of the problem.

Ford Canada confirmed



A 2005 Ford Taurus  
WIKIPEDIA

that there is a similar investigation on about 15,322 vehicles in Canada, adding that it is fully co-operating with that review.

THE ASSOCIATED PRESS

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# THE GIRL WITH THE REGRETTED TATTOO



**SHE SAYS...**  
Jessica Napier  
metronews.ca/shesays

There are only a few certainties in my life. All that stuff about death and taxes you already know, but there's also this: I will never, ever get a tattoo.

How can I be so sure? Firstly, I hate needles. Wait, hate isn't a strong enough word; I loathe needles. I cower at the mere thought of these torture devices necessary medical instruments. Last week I went for a routine blood test and wound up having an embarrassing fainting episode in the middle of a busy hospital clinic. So, no, I don't do well with needles.

But let's say the piercingly painful tattoo needle wasn't an issue. Even if the ink was drizzled on pain-free, I would never want to inscribe my body with a permanent keepsake. The thing is, there are many things that I care quite deeply about at the moment; yet, how can I possibly know those feelings won't change over time? I don't think I own one item of clothing more than five years old. I change my Facebook profile photo on a weekly basis. I've lived in over 20 different houses/apartments over the course of my 26 years — my life is all about impermanence. I can barely commit to a nail-polish colour for longer than three days; how could I ever commit to an ink stain on my skin forever?

Recently, a friend of mine announced that she was planning on getting her tattoo removed. You can take a wild guess where that lingering artifact from her teenage rebellion is located — her lower back, of course. At 18 years old, her body art (I refuse to call it a "tramp stamp" since sexual promiscuity and tattoo ink have no logical correlation) was accompanied by a navel piercing and a bad attitude.

She was a rebel, just like every other teenage girl, and her mom hating tattoos was just part of the appeal. Funnily enough, disapproval from an external source (this time it's her boyfriend's distaste for indelible ink) is once again a contributing factor in her decision. The irony is clear.

I am so happy that I will never feel the deep, remorseful kind of regret that only an inspirational quote in a foreign language scripted on my skin can inspire. However, I know I'm in the minority; my generation seems increasingly obsessed with expressing individuality by doing something that everyone else is doing. After all, tattoos can be many things — beautiful, painful, attention-seeking, sentimental, permanent records of a drunken night out — but they are rarely unique.



Angelina Jolie covered up what was left of her regretted tattoo with the co-ordinates of where she met each of her children. GETTY IMAGES



Jolie, post-tattoo remorse, is seen in this 2004 photo. GETTY IMAGES



Jolie, with her then-husband, actor-director Billy Bob Thornton in 2001, and her "Billy Bob" tattoo. GETTY IMAGES

## On Cloud Equine



REX FEATURES

Can you see it?

### Head in the clouds

This cloud looks like an apparition of a great steed of old. This striking resemblance of a horse's cranium was spotted last week in the Welsh seaside town of Tenby. **MWN**

Behind the lens

**"It had been pouring with rain, but it suddenly stopped and the sky opened up and there it was — a horse's head emerging from the beautiful blue sky."**

Gareth Davies,  
photographer

### Strange clouds

- **Kelvin-Helmholtz wave cloud:** Resembles a series of crashing ocean waves.
- **Mammatus cloud:** These ominous, bobbly and sagging clouds are named after Latin word for "breast."
- **Lenticular cloud:** Beautiful lens-shaped clouds that are commonly mistaken for UFOs.

Also spotted

### Cloud in the news

A self-named "cloud appreciator" caused a storm in meteorological circles after proposing a new class of cloud "undulatus asperatus."

If successful, the cloud by Gavin Pretor Pinney, author of *The Cloudspotter's Guide*, will be the first cloud formation added in more than 60 years. **MWN**



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28%  
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JOB

28%  
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@HouseGuyScott:

Four spam emails, two phone solicitors, and a tweet spam in one day. I am sooo popular! WTF? #yyc #yycre

@Sasssper:

Friends drinking patio beers in #yyc... Jump on that tran #yeg, I'm ready for summer! #daydrunk anyone?

@christiefaber:

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#YYC. Complete with allergy symptoms #Fail

@veduckworth:

Checking out the new (ish) #yyc bus route 300 from Airport. Nice \$8 and you can use pass all day long :-)

@Jennalden:

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## 2

## SCENE



## Scene in brief

## Harvey to star in own TV show

Steve Harvey is going to star in his own daily television show, and it's going to be taped in Chicago. In a news release, Gov. Pat Quinn says the comedian, actor, author and radio host will host a one-hour program called *Steve Harvey* at the NBC's studios in Chicago. Quinn says the program will create about 100 jobs and could bring about 55,000 audience members and visitors to the city each year. The release says Harvey will cover a host of topics, from parenting to relationships to navigating today's workplace. Harvey is one of four comedians featured in the Spike Lee movie *The Original Kings of Comedy* and starred in the TV sitcom *The Steve Harvey Show*.

THE ASSOCIATED PRESS

## On the Web



One year after disaster, Cyndi Lauper returns to Japan, urging support for devastated areas

Jonah Hill and Channing Tatum star in *21 Jump Street*. HANDOUT

# Tatum makes the 'jump' into comedy

**21 Jump Street.** Co-stars Channing Tatum and Jonah Hill have plenty of fun remaking an old TV hit

STEVE GOW  
scene@metronews.ca

When the idea of updating former television hit *21 Jump Street* to the big-screen entered Jonah Hill's mind, there was one notion that stood out to him as particularly attractive. "I think that everyone would like to relive certain

parts of their lives with the knowledge they've accrued since that time," said the recent Oscar-nominated actor. "If you had all the answers, you could go back and score big."

In this case, the fantasy of revisiting the past isn't just referring to adapting a Johnny Depp-lead TV show that debuted in 1987, but it speaks to the comedy's main plot: When two young-looking cops are assigned to bust a high school drug ring as undercover students, they get a chance to relive the prime of their youth.

For Channing Tatum — perhaps most recognized for his romantic dramas

*The Vow* and *Dear John* — it was an opportunity to branch into comedy alongside a talented cast.

"(What I learned was) just be free," admitted Tatum of his rare attempt at broad big-screen comedy.

"You just have to sort of do it and be honest about what you're doing. Don't think about being funny," he adds.

"Don't say I'm in a comedy — that's what I told him," added Hill.

"You just pretend you're doing a drama but the circumstances and the characters are different."

Hill's advice is indicative of the trusting relationship the leads forged while filming *21 Jump Street* (which hits theatres this Friday) — perhaps the most important ingredient in making the classic buddy action-comedy the film aspires to be.

"We had so much fun," said Tatum.

## Quoted

## Hill on making friends

Jonah Hill and Channing Tatum bonded on the set of *21 Jump Street*. Hill had this to say about his fellow star:

"You're asking the two leads if it's us that makes the movie good. Of course we're going to say yes, we're actors," laughed Hill.

"If we hated each other, you'd be able to tell. It wouldn't be as fun to watch."

"I think this is one of those rare movies that the more fun that you have and such a good friendship that I think it shines through in the movie."

## DVD reviews

## The Descendants

Director. Alexander Payne

Stars. George Clooney, Shailene Woodley, Amara Miller

Honolulu real estate lawyer Matt King (George Clooney) lives in paradise, but he can't see the beauty for the pain. His wife, Elizabeth, is in a coma following a waterskiing accident, his two daughters are sullen and rebellious, and he is coming down to the wire on a difficult decision he has to make about the sale of 25,000 acres of pristine Kauai shoreline.

Despite Matt's problems, director Alexander Payne doesn't ask viewers to wallow in gloom. On the contrary, *The Descendants* is a stealth comedy that could leave you feeling woozy with unexpected contentment.



## My Week with Marilyn

Director. Simon Curtis

Stars. Michelle Williams, Eddie Redmayne, Kenneth Branagh

Michelle Williams couldn't hope to match Marilyn Monroe's uncanny alchemy of innocence and seduction — and she doesn't, missing the sizzle of the situation.

Yet it's fascinating to watch Williams, a very fine actress, make the attempt. In the process she redeems a movie of such trivial effect, it might have worked better as dinner-theatre farce.

*My Week with Marilyn* concerns events in 1956, when Monroe travelled to England to make a movie at London's Pinewood Studios. It's based on the memoirs of the late filmmaker Colin Clark (the undistinguished Eddie Redmayne).

Despite nice turns by supporting players Kenneth Branagh and Judi Dench, the film is little more than a vehicle to display Williams' considerable talents, which it surely does.

PETER HOWELL



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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## Leaked photos



Heather Morris ALL PHOTOS GETTY IMAGES

## Heather Morris naked? Yawn



**THE WORD**  
Dorothy Robinson  
scene@metronews.ca

Nude photo "scandals" are becoming about as fun to write about as celebrity divorces. (Meaning: they're becoming a dime a dozen.)

The latest celebrity to fall victim to a phone hacking scandal? Glee star Heather Morris. A week after Olivia Munn and Mad Men star Christina Hendricks

were hacked, naked photos of Morris in various risqué, naked poses were leaked on Sunday night. There's been no comment from Morris' team regarding the leak. Before I jump into a few thoughts on this: Yes, I'm paid to think about the implications of nude pics, and yes, my parents are very proud of me.

Now then. Why are these pictures always nude self portraits? And where are the pics they (should) be receiving in return? Honestly, by now aren't you all as bored of these "leaks" as I am? The only way this news will become exciting again is when a star's phone gets hacked and it'll have nude photos of other people on it.



Madonna

## Madonna juggles it all

It's not easy being a single mother and having a career — not even for Madonna.

"I'm not going to lie — it's hard work having four kids and doing all the work I do," she tells the Sun. "It's a challenge juggling

everything — multi-tasking is my middle name. I try to express that."

As for rebounding after her separation from ex-husband Guy Ritchie?

"Sometimes I cope with it very well, sometimes it's a struggle," she says.

## Who knew? The Queen's a joker

While most wouldn't think of the British Royal Family as a humorous bunch, Prince Harry insists there are a lot of laughs out of the public view.

"She is very funny, but I think she gets it from my grandfather. They are very

funny together," Harry tells the Telegraph about his grandmother, the Queen.

"My family is the same as any other family when it comes to humour behind closed doors, though I'd like to think I was funnier than my grandmother."

## Yes, it's true: Halle is engaged

Olivier Martinez and Halle Berry have kept fairly mum on their engagement, but Martinez is happy to confirm the news.

"Yes, of course we're engaged," he tells Miami.com at the opening of his new restaurant, Villa Azur. There are some things that Martinez would like to clear up, though:

"There is a jeweler taking credit for doing the ring and it's a lie," he says. "They have nothing to do with this."



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Photo: Steven Primm

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# 3 LIFE

A new study shows

## Death of the king-sized candy

M&M's binge days are officially over. By the end of next year, chocolate manufacturer Mars will be capping the calorie content per bar to 250 calories or less. As the world gets fatter and fatter, any counteractive plan is welcome. But will this stop you from buying two bars if one isn't enough?

On the Web



Eating disorders a 'secretive disease': experts help parents spot the signs

### Time to wipe those tears and move on.

Dr. Logan Levkoff, a relationship expert, has some advice for those going through it

ROMINA MCGUINNESS  
wellness@metronews.ca

**Your issue: You can't eat, sleep or function properly. All you can think of is how much you miss being with them.**

"It's normal to hurt and be sad whether or not your relationship was a good one or not. It took up a part of your life and now it's over, it's OK to mourn that. Think, 'that didn't work, what do I need from someone in my next relationship. What are the things that are important to me and what are the things that I can let slide?'"

This will help you figure out how to tackle things next time around. Surround yourself with people who make you smile, who let you unload and cry and be miserable but also are the first to tell you to snap out of it. Romantic relationships may come and go but you have friends in your life that might end up being more long term and monogamous."

**Your issue: Being 'single' freaks you out. You don't want to get back together but you do miss being 'in a relationship'.**

"Don't let a relationship define you. Remembering your success and worth in life isn't measured by your relationship status is hard in the light of things like the Facebook status icon.

Personal success should



Even the greatest loves come to an end. HANDOUT

not be measured by relationship status as it's better to be single, fulfilled in life and have great friends than be unfulfilled physically or emotionally with a crappy partner."

**Your issue: You can't stay away from them. One call or text from them saying they miss you and you're back in their arms as if nothing ever happened.**

"There's a difference between going back to an ex for sex because you want some kind of physical outlet than going back because you hope it's going to work out despite your differences.

Evaluate who you are. If you're the kind of person who can have sex with an ex

just for the sake of it, great, but not everyone can. If this is going to get you right back into that world where you're going to get your heart broken again it's not the best decision to make."

**Your issue: You go out on the hunt. Finding a replacement will help you get over them. If you randomly bump into each other, you need someone on your arm to spite them.**

"Deliberately going out and looking for a new relationship is a bad idea. There is a difference between randomly finding someone right after a break up that you have this great chemistry with to being on the hunt to replace the one you lost. That said, we

sometimes develop great relationships at times we are not looking for them, especially right after we have broken up."

**Your issue: You're constantly checking Facebook and twitter to see what they have been up to so you can sniff out possible new relationships.**

"Know yourself. If you're the kind of person who knows that they will get a little crazy and stalker-like on Facebook and twitter, and that every time they post something this is going to send you over the edge and cause you to spiral downwards into misery then now would be the time to delete it and not give yourself access to those things."

### Celebrity breakups

#### Elizabeth Taylor and Richard Burton

The classic love hate scenario. At least she amassed a stack of diamonds by the end of it.



Elizabeth Taylor and Richard Burton

#### Seal and Heidi Klum

We're still in denial over this one. It should be illegal to break up when you make such cute babies.



Seal and Heidi Klum

#### Jennifer Aniston and Brad Pitt

Does anyone still care about this? Jen does, if you believe the tabloids. Which no one does.



Jennifer Aniston and Brad Pitt  
HANDOUT PHOTOS

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# Kaffir Lime: A journey to delicious and exotic cuisine



Black Pepper Lamb with Saffron Rice (\$10.99). DAN CLAPSON



**LUNCH RUSH**  
Dan Clapson  
life@metronews.ca

Inside the Kingsland Farmers' Market on Macleod Trail lies a little exotic gem that cooks up some amaz-

ing Indonesian cuisine.

Kaffir Lime is located by the seating area of the market. There is always ample seating and if you just follow your nose, you'll find it!

This was my first time experiencing Indonesian food. If my tastebuds could talk, they would probably

describe the taste of the Black Pepper Lamb (\$10.99) that I ordered for lunch as "the love child of Indian and Thai cuisine."

The slowcooked lamb was tender, covered in a rich black pepper sauce, which was as aromatic as it was flavourful. It sat on

top of a generous portion of saffron rice, served with a simple salad that was drizzled with a lemongrass lime vinaigrette. My plate was empty in no time.

I have officially decided that Indonesian food is the new Pho. That's right. I said it.

## Visiting the restaurant

Kaffir Lime

Address. 7711 Macleod Trail S.

Phone. 403-852-7491

Website. kingslandfarmers-market.com

Rating. 4/5

Price range. \$8.99 - \$10.99

Lunch with co-workers. Yes

Social lunch. Yes

Quick solo lunch. Yes

Client negotiations. No

## Basque Chicken Stew. Thighs are the base for vibrant Spanish dish



**1** Cut tomatoes in half crosswise. Gently squeeze out seeds and chop; set aside. Trim off excess fat from chicken thighs; cut each in half.

**2** In large saucepan, heat 15 ml (1 tbsp) of oil over medium heat; cook chicken, in batches, 3 minutes per side or until golden. Transfer to plate.

**3** Add remaining oil to pan; cook onion and red pepper for 3 mins. or until softened. Add ham, garlic, salt, paprika and pepper; cook 1 minute. Stir in tomatoes. Nestle chicken in sauce and bring to a simmer; cover and simmer for about

## Ingredients

- 2 tomatoes
- 500 g (1 lb) boneless, skinless chicken thighs
- 30 ml (2 tbsp) olive oil
- 1 onion, chopped
- 1 red bell pepper, chopped
- 45 g (1 1/2 oz) prosciutto
- 2 cloves garlic, minced
- 2 ml (1/2 tsp) each salt and smoked paprika
- 1 ml (1/4 tsp) pepper

15 minutes or until juices run clear when chicken is pierced. **FOODLAND ONTARIO/ THE CANADIAN PRESS/ ADAPTED BY EMILY RICHARDS (VISIT EMILYRICHARDSCOOKS.CA)**

# Classic deli flavours all rolled up

Here is a great way to enjoy the tastes of a deli wrapped up in one sandwich!

A stromboli is kind of a cross between a grinder and a calzone. Bread dough is rolled out, filled with sliced meats, cheeses and vegetables, then rolled up into a roll and baked.

To serve, stromboli are simply sliced like a loaf of bread, creating a spiral baked sandwich that is perfect for large parties.

If you like, you also can

## Ingredients

- Cooking spray
- 15 ml (1 tbsp) olive oil
- 500 ml (2 cups) chopped raw vegetables, such as peppers, onions and mushrooms
- 2 cloves garlic, minced
- 50 ml (1/4 cup) chopped pitted kalamata olives
- 15 ml (1 tbsp) drained chopped capers
- 5 ml (1 tsp) dried Italian herb seasoning
- Salt and freshly ground black pepper
- 1 ball pizza dough (about 550 g/20 oz)
- 285 g (10 oz) sliced deli meat, such as salami and ham
- 250 ml (1 cup) grated provolone or mozzarella cheese

serve sandwich condiments (or even warmed marinara) alongside the stromboli slices for dipping.

This recipe offers suggestions for fillings, but mix and match to suit your group (or devise your own combination).

Just be careful with vegetables. Because you will be baking the fillings in the dough, watery vegetables (such as tomatoes) can release too much liquid during cooking. To avoid this, cook most vegetables in a skillet before adding them. Change up the flavours by using different vegetables and other favourite pizza fillings and cheeses.

**1** Coat a large baking sheet with cooking spray. In a large skillet heat oil over medium-high and cook the vegetables and garlic, for about 5 to 10 minutes or until all veggies are tender and any liquid has evaporated.

**2** Stir in the olives, capers and Italian seasoning. Season with salt and pepper, then set aside to cool slightly.

**3** On a lightly floured surface, roll out the dough to a 30-by-40-cm (12-by-16-



This recipe serves 10. MATTHEW MEAD/ THE ASSOCIATED PRESS

inch) rectangle. Arrange sliced meat over dough, leaving a 2.5-cm (1-inch) border on longer sides, as well as the end farthest from you. Spread the cooked vegetables of your choice over the meat, then sprinkle with cheese

**4** Starting with the side closest to you, roll the stromboli up like a log. Pinch seam and ends to seal. Transfer log to prepared baking sheet with seam on bottom.

**5** Using a paring knife, make 3 deep slits in top of loaf. Heat oven to 190 C (375 F). Let stromboli rest for 20 minutes while oven heats.

**6** Bake for 40 to 50 minutes or until a meat thermometer inserted at the centre reads 83 C (180 F). The outside should be golden brown and should sound hollow when tapped. Let cool for at least 20 minutes before slicing.

THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS (EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

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# Remember: Etiquette is for everybody, everyday



You don't need Nanny McPhee's magic to improve your kids' table manners. HANDOUT



**CHARLES THE BUTLER**  
askcharles@thebutler@metronews.ca  
For more, visit charlesmacpherson.com

**Dear Charles, I love your column. And now I'm in need of some advice. Do you know of any courses in etiquette? I ask because I would like to help children with etiquette, especially those with less advantaged backgrounds. However, I can't find any courses in Toronto.**

**Yours truly, Roberta**

Dear Roberta,

Thank you for your kind

words about my column. It is so much fun to write and I consider myself very lucky to work with all of you readers.

Regarding etiquette classes for children, I have looked across Canada and have not found any as of yet. What I have seen however, is sometimes a local church or private club will invite an etiquette expert in their area to speak to their members and sometimes they will do a children's class. I believe very strongly that if this is something you believe in, that you should organize a group in your local area and invite an

etiquette expert to come and speak. Remember etiquette is not for rich or snobby people; etiquette is for all of us, everyday. I believe that children who are taught etiquette lessons when they are young have better opportunities in life and in business because of their social skills. And selfishly, it is just so much nicer for all of us to be around someone with good manners! So go out there, get something organized and let us know how it goes. If you write to me I will do my best to guide you and your group through the process!

# 'Mommy porn' coming to a bookstore near you

**Book.** Popular romance trilogy, E.L. James' *Fifty Shades of Grey*, gets US publisher

E.L. James' *Fifty Shades of Grey* trilogy, a word-of-mouth romance smash so erotic it's sometimes labelled "mommy porn," has been signed up by a paperback division of Random House Inc.

Vintage Books announced Saturday that it had acquired the three books — *Fifty Shades of Grey*, *Fifty Shades Darker* and *Fifty Shades Freed*. E-book editions were set to be released Monday and paperbacks are expected in early April.

The novels had been distributed by an Australia-based publisher, the Writer's Coffee Shop Publishing House. The trilogy follows the romance between a young billionaire, Christian Grey, and a college student, Anastasia Steele. It has sold more than 250,000 copies, and on Saturday, the first

volume was No. 1 on both Amazon.com and barnesandnoble.com.

"Fifty has taken me on an extraordinary and wholly unexpected adventure, and I'm thrilled to be continuing it with Vintage," James, a former television executive based in London, said in a statement issued Saturday by Vintage.

"I've heard from so many readers trying to find these books in their local bookshops and libraries. It is gratifying to know that they will soon become widely available in the U.S. and around the world."

James' trilogy began as fan fiction, a thriving genre online in which fans write variations of their favourite books and characters, stories usually intended solely for fellow aficionados. James used the vampire Edward and teen Bella from Stephenie Meyers' mega-selling *Twilight* and placed them in Seattle.

First called *Master of the Universe* and published two years ago on the website fanfiction.net, James' stories

**Sales**

**250,000**

The *Fifty Shades of Grey* trilogy has sold more than 250,000 copies.

attracted a strong following and were released commercially in 2011 by Writer's Coffee Shop.

The books' success has set off a strong debate online.

On a chat room for NBC's *Today* show, which ran a segment on the trilogy earlier this month, several negative messages were posted, saying it was wrong for readers to pay for a trilogy originally available for free and that Christian and Anastasia were stand-ins for Edward and Bella.

In an email Saturday, romance author and blogger Sarah Wendell said similarities to *Twilight* included "the hero's 'long hands,'" the "klutzy heroine with auburn hair" and the narrative being "told from the heroine's very deep first-person

point of view."

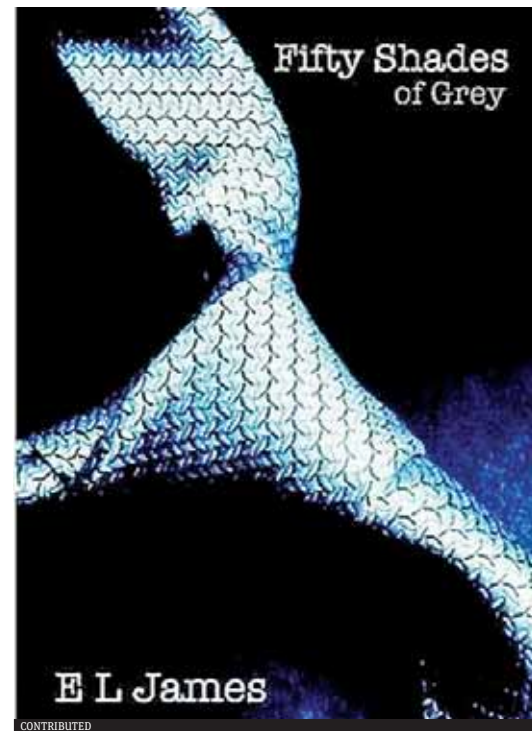
"The themes of *Twilight* are very much repeated," she added, "innocent heroine, dark, emotionally unavailable hero with a secret, isolation of the heroine from the rest of the world while with the hero, and the hero's overwhelming ability to care for and provide for the heroine with limitless wealth. It's a wealth fantasy as well as an erotic fantasy."

Vintage defended *50 Shades* as an original creation with a passionate following.

"It is widely known that E.L. James began to capture a following as a writer shortly after she posted her second fan fiction story," Vintage said in a statement.

"She subsequently took that story and re-wrote the work, with new characters and situations. That was the beginning of the *Fifty Shades* trilogy. The great majority of readers, including fan fiction aficionados, have found *Fifty Shades* deeply immersive and incredibly satisfying."

THE ASSOCIATED PRESS



**Advice**

## Company on the road to recovery

**Dear Sisters, I'm a recovering alcoholic and my husband, although supportive on the surface, seems to be more concerned with how inconvenient it is for his lifestyle and**

**gets jealous when I spend time with my male friends from the meetings. How can I get him to help my recovery instead of being so self-centered?**

**AA.**

Claire: Dear AA,

Please see Step 8 of the 12 steps of AA, which requires you to make amends to all those you have harmed as a



**TWO SISTERS**  
Andrea and Claire  
Life@metronews.ca

result of your addiction. I'm guessing that you two have

been through a lot these past few years, and yet he's still there next to you. And I'm guessing that he has as much to recover from as you do, so you owe each other compassion, kindness and a lot of time and healing.

If he has a hard time with this aspect of your recovery, think about why, and see if you can find a compromise, together. Good luck to you

both, and well done.

**Andrea:** Dear AA,

First off, congratulations on taking the road to recovery — it's an incredible transformation from where you were.

As you are creating this new life, it's normal for others around you to have to catch up, even if the change is for the better. If you can

find a way for your husband to participate in the process with you, he should feel less defensive about your male friends. This will help strengthen your relationship in the long run. Remember the saying "work hard, play hard," though. Making time to enjoy each other and to fall in love again is just as important to your success. Namaste!



# NO TIME LIKE THE PRESENT

## ONLINE OR OFFLINE, THE SOONER YOU START LOOKING FOR A SUMMER JOB, THE BETTER

Getting a summer job is like buying concert tickets — the best ones go first and the latecomers are stuck with the cheap ones. Employment experts say the sooner you start your summer job hunt, the better.

Karin Lewis, an employment counselor and social media expert at JVS Toronto, says a great place to start your search is online.

“Google is the most effective and flexible job-search tool,” she says. Search “summer+job+Halifax” (or wherever you are looking) to get results in your area. Mark “pages from Canada” to limit results.

Set up a Google alert with your key terms to have the search giant filter job postings and email them you.

Make sure your bio reflects your professional ambitions, your photo makes you look employable, and don’t flame people about your drinking habits.

Create a solid LinkedIn profile. You can use it as your online resumé and con-

nect to potential employers. Some jobs even require you apply via LinkedIn.

“If you have a good profile on LinkedIn and someone Googles you, that’s the first thing they’ll find,” Lewis says. “It’s a good way to control what people find.”

There are also lots of job sites like Monster.ca, Jobsposting.ca and even Kijiji.

For offline, check out your local employment centre or your university’s student services centre. When you apply, use the keywords that describe the job in the posting. Direct it to the person specified. It’s better to make a short list of jobs you really want and put a lot of time into those applications than to just fire off dozens of generic emails to dozens of companies.

Make sure you understand the terms of the job. A summer internship on a magazine might sound perfect for a budding writer, but it might not be paid.

— Jon Tattrie



WAVEBREAK MEDIA/THINKSTOCK

## DEVELOP LEADERSHIP SKILLS AT ATHABASCA UNIVERSITY

Athabasca University has the answer to your leadership problems.

New additions to the Leadership and Management Development (LMD) courses offered through the Faculty of

Business at AU are targeting managers and professionals looking to further their leadership development.

“I’m thrilled that we have at last been able to put enough energy and re-

sources into our LMD program to make it a truly attractive and competitive professional development option for organizations of all shapes and sizes,” says Dr. Deborah Hurst, associate dean of the Faculty of Business, who championed the development of the expanded LMD course lineup.

Each of these courses are four-week, interactive online courses, designed to focus on a specific management area and can be for the individual or groups.

LMD for groups can even be customized to almost any organizational or industry context.

The customization option makes these courses an attractive, cost-effective solution for businesses and associations who want their own in-house development program for high-performing employees or members.

One group taking advantage of the customized LMD courses is the Canadian Gaming Centre of Excellence (CGCE).

Other LMD clients have included associations offering courses leading to their own professional designations, government agencies developing employees from various branch locations, and a group providing professional development opportunities for rural entrepreneurs.

These courses are also great for individuals looking to pursue an MBA. Applications are being accepted for these courses. For more, visit [athabascau.ca](http://athabascau.ca), or call 780-459-1144 or 1-800-561-4650.

— Candice Ward, with files from Athabasca University, Faculty of Business

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MOUNT ROYAL UNIVERSITY PHOTO

# BUILDING CHANGE

## MOUNT ROYAL CAN HELP YOU ENHANCE JOB CONTRIBUTIONS

Lead the way by being one of the first to take the newly revised Leader as Culture Builder and Change Agent course at Mount Royal University.

This course will teach you how important leadership is in successfully developing culture and navigating through change within an organization.

“Leadership is everything — full stop,” says Joanne Leskow, instructor of Leader as Culture Builder and Change Agent course at Mount Royal University in the Faculty of Extension.

“Top leadership must authentically walk the talk to build healthy strong

sustaining cultures.”

During this two-day course, students will walk through many examples and concepts demonstrating the leaders’ role in building sustainable cultures and leading change and innovation.

According to Leskow, about 75 per cent of change initiatives fail and leaders must be prepared to fully engage in the process to facilitate smooth transitions and successful outcomes.

Practical hands-on exercises and examples from their experience help to cement the learning.

“Students walk away with increased

clarity around what culture is and its importance to organizational success,” says Leskow.

This program is designed for students looking to broaden their expertise and gain skills and knowledge to enhance their contributions on the job.

“We also see a number of learners just joining the workforce who desire to build their potential and knowledge base around corporate culture and change and leadership,” says Leskow.

Participants come from a wide range of industries, private and public sectors,

and are enriched by these courses.

This Leader as Culture Builder and Change Agent course is a part of the Leadership Development Extension Certificate offered through the Faculty of Extension at Mount Royal University.

These courses are geared towards emerging leaders, professionals and individuals looking to strengthen their leadership skills.

For more information about this program, visit [conted.mtroyal.ca/leadership](http://conted.mtroyal.ca/leadership).

— Candice Ward

# TACKLING STRESS, VIOLENCE BEHIND BARS

## YOGA PROGRAM FOR PRISONS

A new pilot program in one of Calgary’s prisons hopes to lower aggression and violence levels among inmates through the use of yoga.

“Yoga helps with management of stress, general health but mostly as a method to correct and reform aggression and violent tendencies,” says Robin Campbell, yoga therapy instructor at Mount Royal University, and family counsellor at YWCA Sheriff King Home, MA counselling psychology.

“In research studies, yoga calms the nervous system’s stress response and helps people gain a sense of calmness and empowerment.”

Campbell says the project will estab-

lish yoga and meditation programs in a Calgary prison and has seen positive results when this method was used in a California prison.

“It is an exciting time, as there is growing research on the healing potential of yoga for anxiety, depression, trauma and other mental health issues,” says Campbell.

Through his work at the Sheriff King Home as a family counsellor in domestic violence prevention, Campbell has seen great results with the use of yoga therapy in stress management groups and in working with clients one-on-one.

“Yoga is a tool for connecting people to themselves, it works at slowing things down, so people can tune in with their inner feelings and desires,” says Campbell.



Robin Campbell

Campbell, along with other MRU yoga therapists, has been working with different populations, such as the correctional services, cancer survivors, Canadian military, and people who suffer from post-traumatic stress, to help to calm, balance the mind, while cultivating focus and concentration.

“MRU has pioneered a professional yoga therapy program in Calgary,” says Campbell.

“The program offers yoga instructors an opportunity to further develop their skills in offering yoga as a therapeutic approach for mental and physical needs for different populations.”

For more information about the Yoga Therapy Certificate available at MRU, visit [conted.mtroyal.ca/yoga](http://conted.mtroyal.ca/yoga).

— Candice Ward

## TAX ADVICE

It is tax time and tax expert Robert McCullagh, instructor of Mount Royal University Personal Financial Planning course and financial adviser and president of Benefit Planners Inc., has a few tips to avoid the stress of tax season.

- 1 Pets are not dependents, but parents living with you might be.
- 2 Donations may be focused on one spouse to maximize credits.
- 3 Avoid a review by CRA by including all T slips.
- 4 File on time even if you cannot pay all you owe.
- 5 Use RSP’s, TFSA and RESP’s to defer or eliminate tax payable.

“Seek advice of a professional financial adviser, tax preparer or tax expert and legal advice to make sure you are well on the path to financial wellness,” says McCullagh.





ISTOCKPHOTO/THINKSTOCK

# CHANGING PEOPLE'S LIVES

## MCBRIDE CAREER GROUP LAUNCHES GROWTH 4 U PROGRAM

Having confidence to get out in the workforce can be difficult, but those suffering from a mental illness may encounter more employment challenges.

McBride Career Group has launched a new program to help individuals battle these challenges with the Growth 4

U program. "It's about changing peoples lives and removing the stigma of mental illness," says Glenda Keating, program manager, Growth 4 U program.

The Growth 4 U program is a supported employment program designed for in-

dividuals with a mental illness.

Clients of the program will take part in workshops for the first seven weeks and then will complete an eight-week paid work experience placement.

"Placements have been very successful so far, with all placement clients be-

ing hired by their work experience hosts," says Keating.

"Employers have been very receptive to providing work experience to people with mental illness and are finding that they have excellent work ethics."

Once placements have been found for the clients, they are closely monitored for eight weeks, to ensure maximum success.

Keating says one client who attended the Growth 4 U workshops had not worked in 11 years due to his battle with schizophrenia.

But through the help of the program, he is working at a local coffee shop to supplement his AISH income.

"It is very gratifying professionally when a client who has battled schizophrenia for 11 years is now working and beaming with pride," says Keating.

She adds that this client is proud to call himself a "working man."

The workshops are conducted by a certified life skills/career development coach and new groups start each month.

The program runs on a small group setting, one-to-one support, and ongoing support to find employment if not hired by the placement company.

For more information about the Growth 4 U program, contact Glenda Keating at 403-541-2631.

— Candice Ward



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# POSITIVE FEEDBACK

## HEALTH FACILITIES SPEAK HIGHLY OF ROBERTSON GRADS



ROBERTSON COLLEGE PHOTO

Avoid long wait lists and get a career in the health-care field now with the Health Care Aide program at Robertson College.

"In reality, the Health Care Aide is the front line worker when it comes to caring for clients," says Crystal Genoway, manager of education at Robertson College.

"They truly are a vital health-care team member."

The Health Care Aide training program is a five-month course where students learn basic nursing skills.

Students of this program learn through theory and lab to provide personal assistance and support services for elderly, disabled, acute or chronically ill people, in addition to supporting clients' needs and encouraging the client to be as independent as possible in the community, hospitals or

long-term care facilities.

According to Genoway, one of the major benefits of this program is that students benefit by gaining a better understanding of the aging process.

"The Health Care Aide program at Robertson College educates the students on caring for the seniors that they work with as individuals," says Genoway.

Genoway says the graduates from the Health Care Aide program receive strong praise from members of the health-care community.

"We receive feedback from facilities throughout the city continuously on how well-rounded, knowledgeable, and prepared our students are," says Genoway.

For more, see [robertsoncollege.com](http://robertsoncollege.com).

— Candice Ward

# SEE FOR YOURSELF AT ACADEMY OF LEARNING

## ALL CAMPUSES WILL HOLD OPEN HOUSE MARCH 22

After 25 years in the business of educating students faster than most post-secondary institutions, Academy of Learning is hoping you will stop by one of its many open houses to check out its course offerings.

"We're always excited to show people our campuses, and this year, because it's our 25th anniversary, we're extra pleased to be able to demonstrate what makes us so successful at giving people the skills and training employers are looking for," says Brady Sylvester, admissions adviser for Academy of Learning.

The open house will take place March 22, from 4-8 p.m. at all Academy of Learning campuses.

Potential students will get a chance to learn more about Academy of Learning's new Business Management and Marketing Administration

programs, as well as take a look at the updated Medical Office assistant, Health Unit Co-ordinator, Web Design and Network Administrator diplomas.

They have also recently added new offerings in the form of Legal Administrative Assistant and Hotel & Tourism Management Studies.

Academy of Learning will also be awarding 25 \$1,000 tuition credits to open house attendees to celebrate the school's 25th anniversary.

Academy of Learning is a business and career college that offers diplomas in a number of fields in less than a year.

The school offers career training in the main areas of health care, office administration, accounting, IT, and web design.

By offering enrolment each week, year round, students don't have to wait until the next semester or worry about waiting lists.

For more information about Academy of Learning, visit [academyoflearning.com](http://academyoflearning.com).

— Candice Ward

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# TEACHING TEACHERS

## ST. MARY'S COURSE PREPARES GRADS FOR CLASSROOM

With one of the only Bachelor of Education degrees offered in Canada directed for the formation of teachers for Catholic schools, St. Mary's University College will have teachers fully prepared to teach classes at any elementary level.

"What I find most exciting about the Bachelor of Education program is the dynamic cohort of students it attracts each year, the amazing faculty who have been teaching into the program, and the strong success we have already seen in terms of our graduates finding employment," says Dr. Gerry Turcotte, president of St. Mary's University College.

The two-year, after-degree program was designed to meet the demands of the elementary classroom. Graduates are highly trained professionals fully prepared to teach in a kindergarten to Grade 6 program in any school, public



ST. MARY'S COLLEGE PHOTO

or private, faith-based or secular.

For Chris Lehman, who graduated with a St. Mary's Bachelor of Education degree in 2010, the faith-based approach helped prepare him to work in a Catholic school.

"It taught me the proper way to set up my classroom, how to integrate religion into all subjects and prepare for celebrations and liturgies," says Lehman. "For prospective teachers who would like to teach in a faith-based institution this is imperative."

This program accepts 40 students per academic year and includes a combination of classroom-based study and practicum placements.

St. Mary's is accepting applications for the fall 2012 intake.

For more, visit [stmu.ca/teach](http://stmu.ca/teach).

— Candice Ward

# STUDENTS PUT FAITH IN AMBROSE

Small classes and individual attention at Ambrose University College have spelled success for one Calgary entrepreneur.

After graduating with a Bachelor of Business Administration from Ambrose, Chantelle Little is ready to take on the marketing world.

"I thoroughly enjoyed my Ambrose experience, and I believe this experience played an integral role in my spiritual, personal, and academic growth," says Little, president/founder at TAC Marketing.

"My business professors were more than supportive, giving me feedback on my business plan and helping me properly deal with some of the issues I faced as I worked to establish this business," says Little.

Little began her education at the University of Calgary, but was put off by the size of the classes and lack of individual attention.



Chantelle Little

AMBROSE UNIVERSITY COLLEGE PHOTO

She soon transferred to Ambrose, where she felt more like an individual, instead of just a number.

Ambrose University College is a Christian learning community, committed to the education and formation of men and woman for service, with all bachelor's degrees accredited by the province of Alberta.

"Studying at Ambrose allowed me to integrate my faith into my studies in ways a secular institution could not," says Little.

For more, visit [ambrose.edu](http://ambrose.edu).

— Candice Ward

Are you already working in the Health Care industry as a nursing attendant or personal support worker? Have you been certified in Health Care training outside the province of Alberta?

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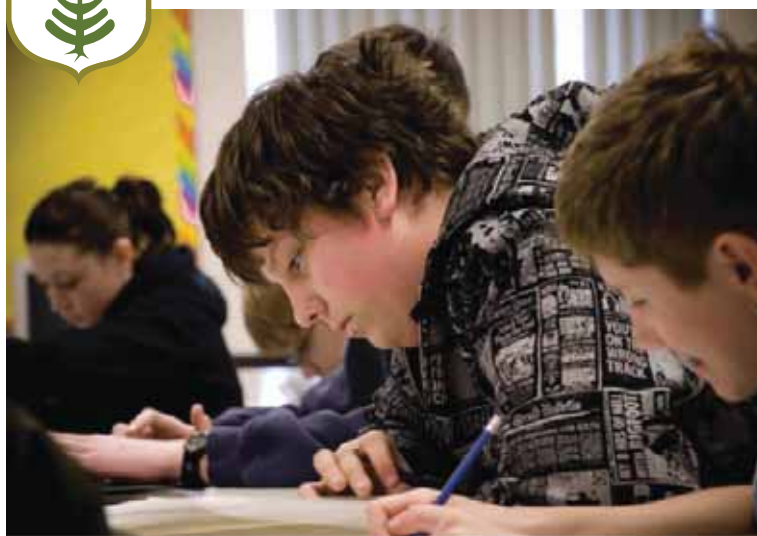
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FOOTHILLS ACADEMY PHOTO

# EDUCATION IS MORE THAN ACADEMICS

Setbacks are part of life, but one Calgary school is working hard to teach its students how to bounce back from these setbacks. Foothills Academy is actively teaching its students how to develop resiliency within their education and for their lives.

"Resiliency is the ability to spring back from and successfully adapt to adversity," says Kris Lenehan, program co-ordinator at Foothills Academy.

"An increasing body of research from the fields of psychology, psychiatry, and sociology is showing that most people

— including young people — can bounce back from risks, stress, crises, and trauma and experience life success."

Lenehan says many students who attend Foothills Academy have faced some sort of setback in their education careers.

Whether it be low self-esteem caused by difficulties in school, being bullied, or having experienced a negative event in their lives, Foothills Academy gives students the tools to identify and maximize their own personal resiliency builders to deal with stress.

"Education is about more than the aca-

demics; it's about providing students with the attitudes and skills they will need throughout their lives," says Lenehan.

"That means promoting social/emotional well-being along with the academics."

Foothills Academy specializes in innovative programs for children with learning disabilities. If you have a child who is between the ages of eight and 18, who is intellectually bright but struggling in school, Foothills Academy may be able to help.

For more, visit [foothillsacademy.org](http://foothillsacademy.org).

— Candice Ward

## FOREIGN-TRAINED TEACHERS HAVE NEW HOME

Foreign-trained teachers who are not qualified to teach in Alberta have a new home at the University of Calgary.

Through the Bridge to Teaching Program, these foreign-trained teachers will gain skills and knowledge needed to teach within the Alberta school system.

"We are proud to be the first university program in Alberta that offers foreign-trained teachers an additional six half-courses and 10 weeks of practicum that helps them meet the certification

requirements of Alberta education," says Dr. Gail Jardine, Faculty of Education, co-ordinator of the Bridge to Teaching Program at the University of Calgary.

For Daniela Domnitanu, a teacher from Romania, the Bridge to Teaching program helped her get back in the classroom and connect with Canadian students.

"I am happy to be able to 'recycle' and stretch what I learned almost 10 years ago in Romania by taking advan-

tage of the new educational theories and instructional strategies to which we have access now in our on-campus classes and in-school practicum," says Domnitanu.

For more about the Bridge to Teaching program, there will be an open house March 22 from 6:30-8:30 p.m., on the University of Calgary campus. Register by emailing [slendert@ucalgary.ca](mailto:slendert@ucalgary.ca) or calling 403-210-7821.

For more, see [ucalgary.ca/gpe/bridge-teaching](http://ucalgary.ca/gpe/bridge-teaching).

— Candice Ward



UNIVERSITY OF CALGARY PHOTO



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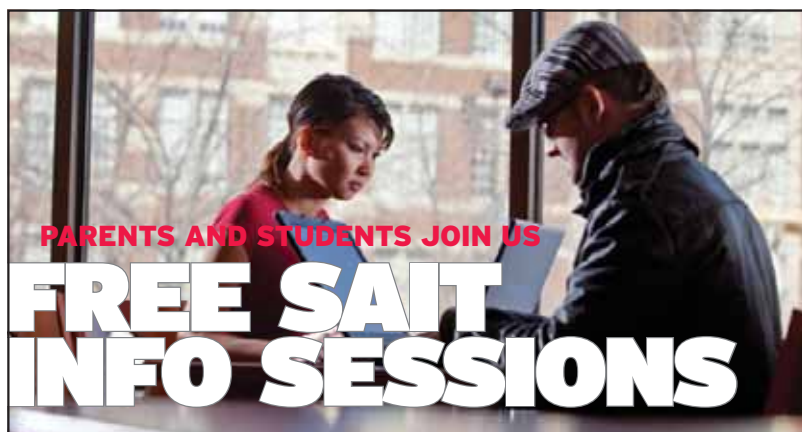
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PARENTS AND STUDENTS JOIN US

# FREE SAIT INFO SESSIONS

## AVIATION PROGRAMS

Get your career started in the exciting aviation industry in one of the following programs: Aircraft Structures Technician, Avionics Technology and Aircraft Maintenance Engineers Technology. Programs are offered at the state-of-the-art facility, the Art Smith Aero Centre, which is located near the Calgary International Airport.

Join us on Tuesday, March 13 at 7:00 pm at the Art Smith Aero Centre – 1916 McCall Landing NE.

Call 403.284.7018 or Email: [aerocentre@sait.ca](mailto:aerocentre@sait.ca) to confirm your attendance or for more information.

## RAILWAY CONDUCTOR

Get your career on track and become a Railway Conductor in just 15 short weeks. This program offers a high graduate employment rate, hands-on training and excellent starting wages.

Join us on Tuesday, March 13 at 7:00 pm at the Centre for Rail Training and Technology, N.R. Buck Crump Building, SAIT Mayland Heights Campus, 1940 Centre Avenue NE.

Call 403.210.4150 or Email: [rail@sait.ca](mailto:rail@sait.ca) to confirm your attendance or for more information.

## POWER ENGINEERING TECHNOLOGY

Get yourself an emPOWERing career. Power Engineers are graded from fifth class to first class, and there is a program available at SAIT to train you at all levels! Our Power Engineering Technology diploma arms you with the skills to become a third class power engineer through ABSA. Certified Power Engineering Technologists control large, complex power and process systems, and perform production work in the operation and development of large-scale energy projects such as oil sands, gas plants and electrical generating stations.

Join us on Tuesday, March 13 at 7:00 pm in Room MA109 in the Heritage Hall Building.

Call 403.284.8451 or Email: [energy.mse@sait.ca](mailto:energy.mse@sait.ca) to confirm your attendance or for more information.

## CHEMICAL LABORATORY TECHNOLOGY

Want a career that's sure to get a positive reaction? In the Chemical Laboratory Technology program you'll learn the fundamentals in chemistry, get hands-on experience performing experiments and analyzing samples in laboratories, and you can participate in a 12-month paid work placement program. As a Chemical Technologist you'll work in a wide range of industrial and research settings.

Join us on Tuesday, March 13 at 7:00 pm in Room MA110 in the Heritage Hall Building.

Call 403.284.8451 or Email: [energy.mse@sait.ca](mailto:energy.mse@sait.ca) to confirm your attendance or for more information.

## SCHOOL OF CONSTRUCTION - TECHNOLOGY PROGRAMS

Are you looking for a career and not just a job? Do you want to visualize your dreams, design, engineer and survey future structures, communities and processing facilities? Students and parents are invited to attend our FREE information session on the School of Construction's technology programs.

- Architectural Technologies
- Engineering Design and Drafting Technology
- Geomatics Engineering Technology [Surveying & Mapping]
- Civil Engineering Technology
- Bachelor of Applied Technology Geographic Information Systems
- Process Piping Drafting certificate - 33-week Fast-Track

Industry professionals and diploma program graduates are invited to join us and learn more about the May 2012 enrolment for our 3rd year bridge option intake.

Join us Wednesday, March 14 at 7:00 pm in the Chinook Lodge rotunda of the Senator Burns Building.

Call 403.284.8367 or Email: [construction.info@sait.ca](mailto:construction.info@sait.ca) for more information or to confirm your attendance.

## SCHOOL OF CONSTRUCTION - TRADES PROGRAMS

Considering a career in the skilled trades? Students and parents are invited to attend our FREE information session on the School of Construction's Electrical, Mechanical, and Building Trades programs, including apprenticeship, technician and pre-employment. Industry professionals and diploma program graduates are invited to join us and learn more about the May 2012 enrolment for our 3rd year bridge option intake.

Join us Wednesday, March 14 at 7:00 pm in the Chinook Lodge rotunda of the Senator Burns Building.

Call 403.284.8367 or Email: [construction.info@sait.ca](mailto:construction.info@sait.ca) for more information or to confirm your attendance.

## SCHOOL OF CONSTRUCTION - NEW - BACHELOR OF SCIENCE IN CONSTRUCTION PROJECT MANAGEMENT

You can be the first! This unique four-year degree is the first of its kind in Canada developed with industry to meet the needs of a high-demand sector. Students and parents are invited to attend our FREE information session on the School of Construction's new degree. Industry professionals and diploma program graduates are invited to join us and learn more about the May 2012 enrolment for our 3rd year bridge option intake.

Join us Wednesday, March 14 at 7:00 pm in the Chinook Lodge rotunda of the Senator Burns Building.

Call 403.284.8367 or Email: [construction.info@sait.ca](mailto:construction.info@sait.ca) for more information or to confirm your attendance.

FURTHER  
YOUR  
PASSION



COLUMBIA COLLEGE PHOTO

# AT YOUR FINGERTIPS COLUMBIA COLLEGE PROGRAM IS FREE

Train for a job in the field of health care with just a touch of a button.

Columbia College is now offering its popular Health Care Aide program online, and free of charge.

"This unique program is offered to individuals who wish to take Health Care Aide training independently and at their own pace," says Caron Pelletier, co-ordinator of the Health Care Aide Program, at Columbia College.

The program is free to interested students, but they will be responsible for covering the costs of the textbook, written examination and skills evaluation components of the

program. The student will then gain free access to the remainder of the course materials.

Once completed, they will receive a government of Alberta Health Care Aide certificate.

"As a certified Health Care Aide, they will help the health-care team provide quality daily care to individuals who require assistance," says Pelletier.

Enrolment is ongoing.

For more information about the Health Care Aide online program available through Columbia College, visit [columbia.ab.ca](http://columbia.ab.ca).

— Candice Ward

# BUSINESS SKILLS AT BOW VALLEY

Rising costs of energy and fuel, water scarcity, food security and urbanization are making it more important for business to look at ways to cut costs and remain sustainable in today's market, and Bow Valley College wants to help.

"The capacity to manage a business sustainably is both a life skill and a benefit to business longevity," says Trevor McIvor, instructor, program lead, Sustainable Business Management at Bow Valley College.

Through the Sustainable Business Management post-diploma certificate, students will learn how to measure and incrementally reduce expenses, increasing the bottom line, while capturing value for the community, environment and economy.

Students will learn from hands-on case studies and industry professionals to further their understanding of the best practices in sustainability.



BOW VALLEY COLLEGE PHOTO

"(It) provides graduates with the skills necessary to create 'shared value' within the community in which a business operates, enhancing the economic, environmental and social prospects of that community," says McIvor.

Graduates may go on to find employment in organizations increasingly concerned with sustainable business development, whether it be in the private sector, government, education, non-profit, or many others.

This program runs for two semesters over 32-weeks. Applications are being accepted for the fall 2012 intake. For more, visit [bowvalleycollege.ca](http://bowvalleycollege.ca).

— Candice Ward





SAIT POLYTECHNIC PHOTO

# BUILDING BLOCKS AT THE SAIT SCHOOL OF CONSTRUCTION

Build a new future at SAIT Polytechnic.

The SAIT School of Construction gives individuals the tools they need towards finding a career in construction trades and technologies.

"The School of Construction is built on three pillars: Great students; engaged, passionate instructors; and strong industry support," says Dr. Larry Rosia, dean, School of Construction at SAIT Polytechnic.

Many students enrol at SAIT for the chance to learn from many of the industry-leading instructors.

"Instructors at the School of Construction are veterans of industry and bring their real-world, practical experience into the classroom," says Rosia.

Launched this past September, the School of Construction added the Bachelor of Science Construction Project Management to the already impressive list of program offerings.

"Developed with input from industry, it is a four-year degree that will prepare graduates for leadership roles in the construction sector and meet growing demand fuelled by economic growth and a shift in demographics," says Rosia.

## TECHNOLOGY

The new Trades and Technology Complex (TTC) on the SAIT campus, will officially welcome its first students this September.

Several programs from the School of Construction are being held in both the Aldred Centre and the Johnson-Cobbe Energy Centre. The complex pairs the latest teaching technology in classrooms with a facility that serves as living classroom.

This degree is the first of its kind in Canada.

There will be a free information session March 14 for people to learn more about this exciting program at 7 p.m. in Chinook Lodge at the SAIT campus.

"As a SAIT graduate myself I believe in the power of education and I have witnessed first-hand the success enjoyed by our graduates as they embark on their careers, and often return to teach at SAIT," says Rosia.

For more information, visit [sait.ca](http://sait.ca).

— Candice Ward

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- Have not collected EI in the past 3 years
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- Have a support system in place

### THE PROGRAM

After completing a return to Work Action Plan, clients attend workshops for the first 7 weeks of the program.

#### These include:

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  - Life skills (communicating with co-workers and supervisors, employer expectations, problem solving and ethics, conflict, feelings and feedback)
  - Career planning ( self-discovery activities and research into occupations that will provide a good job match)
    - Job search (transferable skills, networking, where to look for work, interview skills)
- We then help clients find an eight week work experience placement in their interest area

### BENEFITS TO YOU

- Small groups or individual workshops which can be designed to meet your specific needs
- One to one support from program staff while in job placement
- Ongoing support to find employment if not hired by work experience host

### HOW TO APPLY

- Referrals are not required
  - Call to set up an initial interview
  - Attend an assessment
- A new program starts at the end of each month and intake is done the first week of the month.

**Call Glenda Keating**  
**Program manager 403.541.2631**



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**Canada**



# Are we a nation of money dummies? Take the quiz to find out how you fare

## Financial literacy.

Canadians still have a long way to go when it comes to being savvy about spending and saving



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

If there's a growth industry in Canada over the past several years it's been financial literacy. We have seminars, forums, conferences, gala dinners, government pronouncements and umpteen columns and blogs by personal finance writers all aimed at promoting and improving financial literacy.

Heck, we Canadians even have a financial literacy month — it's November if you didn't already know!

So how have we done?

Not that well, according to

### Alison's money rule:

**"If you are aiming for financial literacy, start by testing your basic assumptions."**

a survey just released by the Financial Consumer Agency of Canada.

The agency asked five questions of more than 2,000 Canadians. Shockingly, only four per cent of respondents got all the questions right and only 23 per cent correctly answered four of the five. And these questions were hardly stumpers!

Take the true or false test yourself.

**1. When you open an account, the bank must give you a written statement of all service fees and charges.**  
Correct answer: True. If you got this one right, you're in good company, as 80 per cent of those surveyed did also.

**2. You won't pay interest on a cash advance as long as you pay your credit card bal-**

**ance in full by the due date indicated on your statement.**  
Correct answer: False. Only 40 per cent got this right and it can be a costly mistake as interest is charged the minute you withdraw the money.

**3. A bank cannot refuse to open an account because a person has filed for bankruptcy, doesn't have a job or has no money.**

Correct answer: True. Only 35 per cent knew about this basic right.

**4. If you want to pay off or renegotiate your mortgage before the maturity date, you will never have to pay a penalty greater than three months' interest.**

Correct answer: False. Sixty-one per cent got this one wrong and it too can be a costly mistake.



Let's start talking about money. ISTOCK

**5. Financial institutions allow account holders to share their PIN with other family members, such as a spouse.**  
Correct Answer: False. Hearteningly, 67 per cent got this correct.

While there was some encouraging news in the survey

results, overall the fact is Canadians still have a long way to go until they are financially literate.

ALISON GRIFFITHS IS THE AUTHOR OF **COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY**. REACH HER AT ALISON-GRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM

### How do joint accounts work?

- Sharing: 86% of Canadians know that joint account holders have equal responsibility for their chequing and savings accounts.

### Protect your money

## March is fraud prevention month



**FUN AND FRUGAL**  
Leslie Scorgie  
money@metronews.ca

I 'win a free cruise' by way of an unsolicited phone call at least once a month. I don't know why or how my phone number is made available to these fraudsters, but it happens and it irritates me.

Fraud prevention is important so that you don't end up in a poor financial position you didn't create.

Take a common sense approach to protecting your personal and financial information. If an offer looks too good to be true, it probably is!

If you don't recognize a phone number, don't pick it up. Let it go to voice mail. Legitimate people will leave a detailed message and request a call back. If someone you don't know wants your personal information or to sell you a suspicious product or service, stop talking to them!

Beware of individuals that try to sign you up for a sales program that looks like a pyramid or Ponzi scheme.



Don't let a fraudster steal your hard-earned savings. ISTOCK

If you get a bad vibe from someone, or the company they are associated with, don't ask them for referral. You'll need to conduct independent research.

When surfing the Internet or social networking, limit the amount of information you disclose.

Never give out your address, phone number or banking information.

If you're shopping online, ensure the payment website is secure. If you're not sure it is, call the company that makes the product directly and talk to the privacy officer. Never click on a pop-up window, especially if the advertisement is requesting your personal information.

If you receive email requests for information, verify the message and sender

using a third party unrelated to the message.

Change your passwords regularly and try to make them difficult for fraudsters to guess, but easy for you to remember. Typically a combination of numbers and letters is best. Check that your computer's operating system is fully updated and that you have a robust security system that includes a personal firewall, anti-spam, anti-virus and anti-spyware.

Log off everything; especially online banking!

If you slack off protecting your information, your identity could be stolen, resulting in financial ruin. Don't leave yourself vulnerable to fraud!

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Vancouver's Manny Malhotra checks Montreal's Rene Bourque against the glass on Saturday. DARRYL DYCK/THE CANADIAN PRESS

# GMs hope to make at least one rule change

**NHL.** Hybrid-icing policy may finally have enough support to be added to rule book

When NHL general managers sit down to discuss rule changes, two principles guide them through the decision-making process.

"Every time we make a rule it's about safety or scoring more goals," Carolina Hurricanes GM Jim Rutherford said Monday.

The 30 custodians of the game emerged from the first day of their annual March meeting feeling optimistic that they'll be ready to recommend a change that falls under each category.

After years of discussion, it looks like there is finally enough support to adopt a hybrid-icing rule that would see the faceoff circle being used as the marker where a play can be blown dead. It's already in place in NCAA hockey and is designed to keep players from crashing into the end boards while racing back for the puck.

"It makes sense, it makes it safer for the players," said Rutherford. "You're not going to get as many of those collisions right along the boards."

The second change that earned strong support was the elimination of hand passes in the defensive zone — an infraction that could become a penalty. The GMs feel too many players are using the ability to glove the puck with their hand as a tactic on faceoffs.

No official rule changes have yet been proposed. While hybrid icing and the elimination of hand passes both earned the approval of the seven managers who discussed them in a breakout session Monday, they still need to be debated by the entire group before the meetings wrap up Wednesday. Twenty managers must give their support to a rule for it to be passed on to the competition committee.

None of the other items on the agenda gained much support, including the possible re-introduction of the red-line. The majority of the managers also remain in favour of keeping the trapezoid that prevents goaltenders from playing the puck in the corners.

Among the other items discussed were the possibility of using video to review goaltender-interference calls, allowing players to "bearhug" an opponent and creating a ringette line across the top of the circles that

would be used to blow down two-line passes.

"This is a great meeting," said Toronto Maple Leafs GM Brian Burke. "I think fans would be very impressed if they sat in the room and watched the time and care that goes into these discussions. The GMs take very seriously their role as custodians of the game."

"The discussions are detailed and soul-searching, it's important. I'm always impressed when I watch this group work."

The first day of meetings also included a video presentation from Brendan Shanahan, who heads the player-safety department in addition to handing out supplemental discipline.

The league is encouraged by what it believes is a change in player behaviour after the creation of new rules that govern hits to the head and charging over the last two seasons. They've seen far fewer dangerous hits as a result.

"I think we have smart players that adapt," said Philadelphia Flyers GM Paul Holmgren. "When you put in a Rule 48 or a Rule 41 and we made the changes that we've made over the last couple years, they're smart guys."

THE CANADIAN PRESS

## Injury tally

### No increase in concussions this season: NHL

The NHL says the number of concussions suffered by players this season is on par with the amount that occurred a year ago.

That's viewed as a positive development by the league's player-safety department, particularly with all of the focus on those types of injuries and the belief teams and players are doing a better job of identifying them.

"What I can say is we're continually looking at all ways to bring this number down," Kris King, the NHL's vice-president of hockey operations, said Monday. "The fact that it stabilized after a huge increase from two years ago is a positive, I think."

As a policy, the league doesn't release the exact number of head injuries suffered by its players.

THE CANADIAN PRESS

## Hybrid-icing rule

Under the new proposal, icing would be called if the defending player crossed the faceoff circle first.

- The play would be allowed to continue in instances where the attacking player was leading the race. "We don't want to eliminate the chase," said Florida Panthers GM Dale Tallon.
- Leafs GM Brian Burke had previously put it on the

agenda for five years running without any success, but more support started to build after managers saw it in action at the summer research and development camp.

- A number of players have been seriously injured while racing for the puck, including Edmonton Oilers prospect Taylor Fedun, who shattered the femur in his right leg during pre-season and only recently started skating again.

4

SPORTS



## Flames preview

San Jose at Calgary, 7:30 p.m. (TSN)

The Flames (32-25-12) host San Jose (34-25-9), which played in Edmonton on Monday night. The Sharks moved back into third place in the Pacific Division with a 3-2 victory in Edmonton after winning just twice in their past 10 games. After scoring a goal and an assist against the Oilers, Joe Thornton has five points this month. As a team, San Jose has scored nine goals in six games so far in March. Martin Havlat (hamstring surgery) is travelling with the team but isn't cleared to play.

THE CANADIAN PRESS



# Klutzy as the rest of us

As New York Yankees reliever David Robertson reminded everyone last week when he tripped while taking out recycling and bruised his foot, world-class athletes are susceptible to freak injuries despite being physical freaks of nature. Baseball players alone could fill up an ER when it comes to goofy accidents.

THE ASSOCIATED PRESS



**David Price**

The Tampa Bay left-hander had to leave a spring training start early last week with neck spasms brought on by drying his neck with a towel between innings.



**Sammy Sosa**

The former slugger once missed a month — a month! — after sneezing hard twice and spraining a ligament in his back.



**Chris Coghlan**

The Miami Marlins 2009 NL rookie of the year tore the meniscus in his left knee while trying to deliver a celebratory pie in the face to a teammate in July 2010.



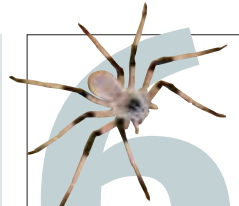
**Joel Zumaya**

The former Detroit Tigers reliever missed three games in the 2006 American League Championship Series with inflammation in his wrist and forearm, apparently the result of too many hours playing Guitar Hero.



**Kendrys Morales**

The Los Angeles Angels first baseman broke his ankle when he and his teammates celebrated his game-ending grand slam two years ago.



**Glenallen Hill**

The former outfielder, who had a fear of spiders, wound up on the disabled list after a nightmare about the critters sent him crashing into a wall.



GET OUT OF WORK AND ON THE MOUNTAIN.  
**EXCUSE #33**

*I'm waiting for the Banff squirrel to show up and photobomb me. It may be a while.*

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE												
	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	68	43	18	2	5	188	148	93	23-7-0-2	20-11-2-3	5-3-1-1	W1
d-Boston	68	40	25	1	2	222	164	93	20-13-1-1	20-12-0-1	4-5-0-1	L2
d-Florida	68	32	23	5	8	166	191	77	17-9-1-7	15-14-4-1	5-3-0-2	W1
Pittsburgh	68	42	21	2	3	219	173	89	24-8-2-0	18-13-0-3	9-1-0-0	W9
Philadelphia	68	39	22	2	5	220	197	85	17-10-1-4	22-12-1-1	7-3-0-0	L1
New Jersey	69	40	24	2	3	195	179	85	19-12-0-1	21-12-2-0	5-4-1-0	W4
Ottawa	70	36	25	6	3	216	206	81	18-13-2-2	18-12-4-1	6-3-0-1	L1
Washington	69	35	28	3	3	184	193	76	23-10-1-2	12-18-2-1	6-3-1-0	W3
Buffalo	70	33	29	4	4	174	196	74	18-11-3-4	15-18-1-0	7-2-1-0	W2
Winnipeg	69	32	29	4	4	181	195	72	21-10-1-3	11-19-3-1	5-3-1-1	L2
Tampa Bay	68	31	30	4	3	191	233	69	20-11-1-1	11-19-3-2	5-4-1-0	L3
Toronto	69	30	31	4	4	200	212	68	16-13-3-3	14-18-1-1	1-7-1-1	L4
Carolina	69	26	28	9	6	181	207	67	17-13-1-5	9-15-8-1	4-2-2-2	L1
NY Islanders	69	28	31	7	3	159	201	66	15-15-5-0	13-16-3-2	3-5-2-0	L3
Montreal	70	27	32	3	8	185	196	65	12-15-2-6	15-17-1-2	3-6-1-0	L1

WESTERN CONFERENCE												
	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-St. Louis	70	45	18	1	6	183	135	97	28-4-1-3	17-14-0-3	9-1-0-0	W5
d-Vancouver	69	42	19	1	7	215	172	92	20-9-0-4	22-10-1-2	4-4-1-1	L1
d-Dallas	69	38	26	1	4	185	183	81	20-12-0-3	18-14-1-1	9-0-0-1	W5
Detroit	69	44	22	1	2	217	162	91	28-4-1-1	16-18-0-1	4-5-0-1	L1
Nashville	68	40	21	3	4	195	175	87	28-3-2-3	17-13-1-1	7-2-0-1	W2
Chicago	70	37	25	4	4	209	206	82	23-7-1-4	14-18-3-0	5-4-0-1	L1
Phoenix	64	35	25	3	7	178	173	78	18-12-3-3	16-13-1-4	5-4-0-1	W1
Colorado	71	37	30	3	1	186	189	78	21-15-0-1	16-15-3-0	7-3-0-0	W2
San Jose	68	34	25	4	5	187	175	77	19-11-2-1	15-14-2-4	3-5-0-2	W1
Calgary	69	32	25	5	7	173	191	76	18-9-1-4	14-15-4-3	4-2-1-3	W3
Los Angeles	69	32	25	5	7	154	152	76	17-13-0-4	15-12-5-3	5-4-0-1	W1
Anaheim	70	29	30	5	6	173	196	68	18-14-2-0	11-16-3-6	4-5-1-0	L3
Minnesota	69	29	30	2	8	150	193	68	15-13-1-3	14-17-1-5	3-6-0-1	L1
Edmonton	69	26	36	3	4	182	209	59	16-15-2-2	10-21-1-2	3-6-1-0	L3
Columbus	69	22	40	2	5	161	223	51	13-20-1-2	9-20-1-3	5-5-0-0	L2

**d** — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

<b>Last night's results</b> Buffalo 3 Montreal 2 (OT) San Jose 3 Edmonton 2 Colorado 3 Anaheim 2 (OT) Nashville at Phoenix <b>Sunday's results</b> Calgary 4 Minnesota 3 Washington 2 Toronto 0 Pittsburgh 5 Boston 2 Florida 2 Carolina 0 Los Angeles 3 Chicago 2 (SO) St. Louis 2 Columbus 1 New Jersey 4 Philadelphia 1 N.Y. Rangers 4 N.Y. Islanders 3 (OT) <b>Tonight's games</b> <b>All Times Eastern</b> Washington at N.Y. Islanders, 7 p.m. New Jersey at Philadelphia, 7 p.m. Boston at Tampa Bay, 7:30 p.m. Toronto at Florida, 7:30 p.m. Carolina at N.Y. Rangers, 7:30 p.m. Dallas at Minnesota, 8 p.m. St. Louis at Chicago, 8:30 p.m. San Jose at Calgary, 9:30 p.m. Detroit at Los Angeles, 10:30 p.m. <b>Tomorrow's games</b> Colorado at Buffalo, 7:30 p.m. Ottawa at Montreal, 7:30 p.m. Dallas at Winnipeg, 8:30 p.m. Columbus at Edmonton, 10 p.m. Phoenix at Vancouver, 10 p.m. Detroit at Anaheim, 10 p.m.	<b>Third Period</b> 3. Buffalo, Ennis 10 (D.Stafford, Sulzer) 1:50 4. Montreal, Desharnais 15 (Cole, Padoretty) 19:55 <b>Penalties</b> — Myers Buf (boarding) 13:12, Pa-doretty Mtl (hooking) 13:27. <b>Overtime</b> 5. Buffalo, Myers 8 (Roy, Pominville) 2:01 <b>Penalties</b> — None. <b>Shots</b> Montreal 6 7 12 3—28 Buffalo 14 9 12 1—36 <b>Goal</b> — Montreal: Budaj (L,3-6-2); Buffalo: Miller (W,25-18-5). <b>Power plays (goals-chances)</b> — Montreal: 0-2; Buffalo: 0-2. <b>Referees</b> — Mike Leggo, Don Van Massenhoven. <b>Linesmen</b> — David Brisebois, Greg Devorski. <b>Attendance</b> — 18,690 (18,690) at Buffalo, N.Y.	<b>SHARKS 3, OILERS 2</b> <b>First Period</b> 1. San Jose, Mitchell 8 (Wingels, Vlasic) 1:07 2. Edmonton, Whitney 3 (Schultz, Belanger) 19:11 <b>Penalties</b> — Winnik SJ (slashing) 18:37, Petry Edm (slashing) 18:37. <b>Second Period</b> 3. San Jose, Thornton 15 (Marleau, Pavelski) 11:36 (pp) 4. Edmonton, Hall 26, 14:54 <b>Penalties</b> — Murray SJ (holding) 5:24, Hall Edm (tripping) 11:29, Omark Edm (delay of game) 19:12. <b>Third Period</b> 5. San Jose, Couture 28 (Boyle, Thornton) 0:38 (pp) 6. San Jose, Smyth Edm (misconduct) 19:47. <b>Shots</b> San Jose 10 13 10 33 Edmonton 9 7 6 22 <b>Goal</b> — San Jose: Niemi (W,26-18-8); Edmonton: Dubnyk (L,14-17-1). <b>Power plays (goals-chances)</b> — San Jose: 2-2; Edmonton: 0-1. <b>Referees</b> — Tom Kowal, Ian Walsh. <b>Linesmen</b> — Brad Lazarowich, Mark Wheler. <b>Attendance</b> — 16,839 (16,839) at Edmonton.
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SOCCER

CONCACAF CHAMPIONS LEAGUE												
QUARTER-FINALS												
SECOND LEG												
<b>All Times Eastern</b>												
<b>Tonight's game</b> Monterrey (Mexico) vs. Morelia (Mexico), 10 p.m.												
<b>Tomorrow's games</b> Santos Laguna (Mexico) vs. Seattle (United States), 8 p.m. Los Angeles (United States) vs. Toronto (Canada), 10 p.m.												
<b>Thursday's game</b> Pumas UNAM (Mexico) vs. Isidro Metapan (El Salvador), 10 p.m.												

EUROPEAN CHAMPIONS LEAGUE

SECOND ROUND												
SECOND LEG												
<b>All Times Eastern</b>												
<b>Today's games</b> Bayern Munich (Germany) vs. Basel (Switzerland), 3:45 p.m. Inter Milan (Italy) vs. Marseille (France), 3:45 p.m.												
<b>Tomorrow's games</b> Chelsea (England) vs. Napoli (Italy), 3:45 p.m. Real Madrid (Spain) vs. CSKA Moscow (Russia), 3:45 p.m.												

ENGLAND

PREMIER LEAGUE												
	GP	W	D	L	GF	GA	Pts		GP	W	D	L
Manchester United	28	21	4	3	68	27	67		28	21	4	3
Manchester City	28	21	3	4	69	20	66		28	21	3	4
Tottenham	28	16	5	7	52	34	53		28	16	4	8
Arsenal	28	16	4	8	57	39	52		28	14	7	7
Chelsea	28	14	7	7	48	32	49		28	12	8	8
Newcastle	28	12	8	8	40	41	44		27	10	9	8
Liverpool	27	10	9	8	30	26	39		28	10	7	11
Sunderland	28	10	7	11	36	31	37		27	10	7	10
Everton	27	10	7	10	28	28	37		28	9	10	9
Fulham	28	9	9	10	37	37	36		28	9	10	9
Swansea	28	9	9	10	31	34	36		28	9	10	9
Norwich	28	9	9	10	32	45	36		28	9	10	9
Stoke	28	10	6	12	27	39	36		28	10	5	13
West Brom	28	10	5	13	34	37	35		28	7	12	9
Aston Villa	28	6	7	15	40	60	25		28	6	7	15
Blackburn	28	7	2	19	31	57	23		28	5	7	16
Bolton	28	5	7	16	29	48	22		28	5	7	16
Wolverhampton	28	5	7	16	30	58	22		28	4	9	15
Wigan	28	4	9	15	24	53	21					

<b>Yesterday's result</b> Arsenal 2 Newcastle 1
--

SPAIN

LA LIGA												
	GP	W	D	L	GF	GA	Pts		GP	W	D	L
Real Madrid	26	23	1	2	88	23	70		26	18	6	2
Barcelona	26	18	6	2	75	19	60		26	12	8	6
Malaga	26	12	8	6	40	31	44		26	11	5	10
Valencia	26	11	5	10	37	37	38		26	9	11	6
Levante	26	9	10	7	42	34	37		26	9	9	8
Osasuna	26	9	8	9	36	31	36		26	10	6	10
Athletic Bilbao	26	10	4	12	37	43	34		26	9	6	11
Atletico Madrid	26	9	6	11	30	33	33		26	8	9	9
Espanyol	26	8	9	9	27	29	33		26	8	8	10
Rayo Vallecano	26	7	9	10	26	32	30		26	7	9	10
Real Sociedad	26	7	9	10	26	32	30		26	6	9	11
Sevilla	26	6	9	11	27	37	28		26	6	9	11
Getafe	26	6	9	11	27	37	28		26	6	9	11
Mallorca	26	6	9	11	27	37	28		26	6	9	11
Real Betis	26	6	9	11	27	37	28		26	6	9	11
Granada	26	6	9	11	27	37	28		26	6	9	11
Villarreal	26	6	9	11	27	37	28		26	6	9	11
Racing Santander	26	6	9	11	27	37	28		26	6	9	11
Sporting Gijon	26	6	9	11	27	37	28		26	6	9	11
Zaragoza	26	6	9	11	27	37	28		26	6	9	11

<b>Yesterday's result</b> Villarreal 1 Getafe 2
--

GOLF

WORLD RANKING

Through March 11		
1. Rory McIlroy	NIR	9.78
2. Luke Donald	ENG	9.09
3. Lee Westwood	ENG	8.12
4. Martin Kaymer	GER	5.88
5. Steve Stricker	USA	5.76
6. Charl Schwartzel	SAF	5.32
7. Justin Rose	ENG	5.14
8. Webb Simpson	USA	5.06
9. Jason Day	AUS	5.05
10. Hunter Mahan	USA	4.96
11. Adam Scott	AUS	4.93
12. Dustin Johnson	USA	4.89
13. Phil Mickelson	USA	4.81
14. Bill Haas	USA	4.62
15. Matt Kuchar	USA	4.5
16. Bubba Watson	USA	4.47
17. Graeme McDowell	GBR	4.47
18. Tiger Woods	NIR	4.45
19. Nick Watney	USA	4.31
20. Keegan Bradley	USA	4.20
21. Brandt Snedeker	USA	4.06
22. Sergio Garcia	ESP	4.04
23. K.J. Choi	KOR	4.00
24. Peter Hanson	SWE	3.70
25. Mark Wilson	USA	3.52
26. Bo Van Pelt	USA	3.41
27. Paul Casey	ENG	3.34
28. John Senden	AUS	3.33
29. Thomas Bjorn	DEN	3.31
30. Ian Poulter	ENG	3.28
31. Robert Karlsson	SWE	3.24
32. Alvaro Quiros	ESP	3.23
33. Martin Laird	SCO	3.22
34. Simon Dyson	ENG	3.21
35. David Toms	USA	3.17
36. Louis Oosthuizen	SAF	3.14
37. Aaron Baddeley	AUS	3.10
38. Rickie Fowler	USA	3.10
39. Jason Dufner	USA	3.07
40. Anders Hansen	DEN	3.05
41. K.T. Kim	KOR	3.04
42. Fredrik Jacobson	SWE	3.02
43. Sang-Moon Bae	KOR	3.00
44. Francesco Molinari	ITA	3.00
45. Paul Lawrie	SCO	2.88
46. Zach Johnson	USA	2.82
47. Ryo Ishikawa	JPN	2.80
48. Ben Crane	USA	2.79
49. Kyle Stanley	USA	2.78
50. Geoff Ogilvy	AUS	2.70

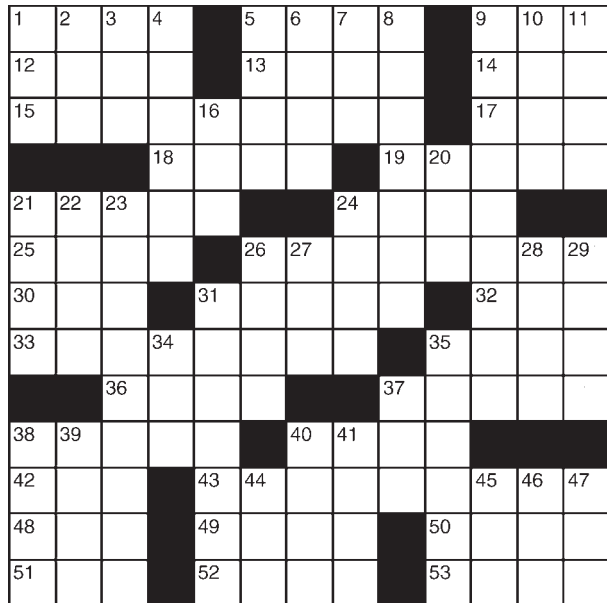
Crossword

Across

- 1 Paper quantity  
5 Begged  
9 Prepared  
12 — Major  
13 Threw  
14 Boston cream  
—  
15 1969 Peter Fonda movie  
17 Anger  
18 Golf target  
19 Helped  
21 Needed lini-  
ment  
24 Formerly  
25 Lather  
26 Harassed  
30 Spring mo.  
31 Tea type  
32 Has possibilities  
33 Juniper variety  
35 Cow palace?  
36 Long-popular  
musical  
37 Tubular pasta  
38 Fluttering  
sound  
40 Indiana politico  
Bayh  
42 Stashed  
43 Pillow filling  
48 Eisenhower  
49 Cabin make-up  
50 Great Lake  
51 Apiece  
52 Fat  
53 Landlord's due

Down

- 1 Regret  
2 Historic time  
3 Donkey  
4 Willful violence  
5 TV's Dr. McGraw  
6 Source of wealth  
7 Leading lady?  
8 Madden  
9 "Turn Off the



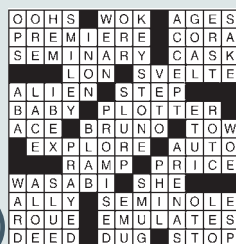
- Dark" hero  
10 Ireland  
11 Got ready to  
drive  
16 Scepter  
20 Hockey surface  
21 Somewhere out  
there  
22 Manage some-  
how  
23 Autumnal drink  
24 Smell  
26 Hotel furnish-  
ings  
27 Alias (Abbr.)  
28 Deserve  
29 Unit of force  
31 "Stormy" sea-  
birds  
34 Ford or Lincoln

- 35 Binge  
37 Standard  
38 Lash  
39 Raise, as prices  
40 Advantage  
41 Part of a three-  
piece suit  
44 Debtor's letters  
45 Raw rock  
46 Victory  
47 Trawler need

For today's crossword answers  
and for expanded horoscopes,  
go to [metronews.ca](http://metronews.ca)



Monday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer

3	4	8	9	6	2	1	5	7
7	1	5	3	4	8	6	2	9
6	9	2	1	7	5	8	4	3
1	8	6	7	3	4	5	9	2
4	2	9	5	8	1	7	3	6
5	7	3	6	2	9	4	1	8
9	3	7	4	1	6	2	8	5
8	6	4	2	5	3	9	7	1
2	5	1	8	9	7	3	6	4

Weather

TUESDAY



MAX: 12°  
MIN: 3°

WEDNESDAY



MAX: 4°  
MIN: -3°

THURSDAY



MAX: 11°  
MIN: -4°



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WEATHER SPECIALIST

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".  
WEEKDAYS 5:30 AM



Horoscope

♈ Aries | March 21 - April 20.

If you have so much to do that you really don't know where to start maybe you should call in an expert.

♉ Taurus | April 21 - May 21.

Fame, money and success are important, of course, but the planets are reminding you that there are others things in life you should be focusing on now.

♊ Gemini | May 22 - June 20.

It's not immoral to benefit from what your inner voice tells you. In fact that's the reason it's telling you.

♋ Cancer | June 21 - July 22.

Do you forgive someone who has hurt you? Your first duty is to protect yourself.

♌ Leo | July 23 - Aug. 22.

Make use of other people's knowledge and experience to get what you need.

♍ Virgo | Aug. 23 - Sept. 22.

Whatever task you are currently working on you must finish it quickly because by the end of the week you will be on the move again.

♎ Libra | Sept. 23 - Oct. 22.

You can get a great deal done with very little effort over the next 24 hours.

♏ Scorpio | Oct. 23 - Nov. 21.

If a proposed deal of some kind does not feel right to you then you should either find out more about it or, if that is not possible, give it a miss.

♐ Sagittarius | Nov. 22 - Dec. 21.

Do whatever it takes to stay on

good terms with partners and loved ones. Show them what tranquility looks like.

♑ Capricorn | Dec. 22 - Jan. 20.

Don't just assume that other people are telling the truth — check their facts and figures.

♒ Aquarius | Jan. 21 - Feb. 18.

You will accomplish a lot on your own today but you will accomplish so much more if you make an effort to be a team player.

♓ Pisces | Feb. 19 - March 20.

You seem to be negotiating from a position of weakness at the moment and that means you are unlikely to get the best deal. What can you do to strengthen others' respect for you? **SALLY BROMPTON**



Caption Contest

"Good try, but you're supposed to go UNDER the limbo stick!"

Liz

MARTIN MEISSNER/THE ASSOCIATED PRESS

Win!



You write it!

Write a funny caption for the image above and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in Wednesday's Metro.

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2012  
CAR OF THE YEAR



**The 2012 Kia Optima.** With an available Hybrid or 2.4-litre 200 HP GDI engine, you don't just get class-leading horsepower. Nor do you just get world-class design with a finely appointed interior, a slew of standard features, and 5-star safety. You also get the Car of the Year.



\*Optima SX model shown. Starting MSRP for 2011 Kia Optima LX (0P541B) is \$23,450 and includes delivery and destination and fees of \$1,455. Dealer may sell for less. See your dealer for all the details. LX horsepower claim is based on non-turbo gasoline 4-cylinder engines in its class. 2011 Optima awarded: Auto23.com Car of the Year - visit [www.auto23.com](http://www.auto23.com) for details/2011 reddot design award for best of the best - visit [red-dot.org](http://red-dot.org) for details/2011 iF Product Design Award by the International Forum of Design - visit [www.ifdesign.de](http://www.ifdesign.de) for details/2012 Top Safety Pick by the Insurance Institute for Highway Safety - visit [www.iihs.org](http://www.iihs.org) for details/2011 National Highway Traffic Safety Administration five-star safety rating - visit [www.nhtsa.gov](http://www.nhtsa.gov) for details. 2012 Kia Optima awarded Car of the Year by Motoring 2012 for Best Family Car and overall Car of the Year. Visit [www.motoringtv.com](http://www.motoringtv.com) for full details. \*2011 Optima Hybrid awarded: the Guinness Book of World Records for the Lowest Fuel Consumption, for the lowest fuel consumption in a hybrid gasoline vehicle while driving through all 48 adjoining U.S. states. KIA is a trademark of Kia Motors Corporation.